



Focus on Nutrition & Diabetes

Plan for Success

Set specific goals with your health care team for blood sugar levels, healthy eating, physical activity, and medications.

Use a daily food tracker for meals and snacks. Count carbohydrates or food servings, as advised by your health care team or registered dietitian.

Control your weight. Lose weight if you are overweight.

Cut back on high calorie snack foods and desserts, such as cakes, chips, cookies, and pies.

Eat meals at regular times. Follow a meal plan for breakfast, lunch, and dinner, as advised by your health care team.

Swap out sweetened beverages for tap or unsweetened bottled water, sparkling water, or unsweetened fizzy water. Skip the flavored syrups at the coffee shop and ask for a drink with low fat milk or an unsweetened milk alternative, such as soy or almond.

Strive to fill half of your plate with nonstarchy vegetables, such as salad greens, cooked greens, broccoli, cauliflower, cabbage, green beans, and carrots.

