



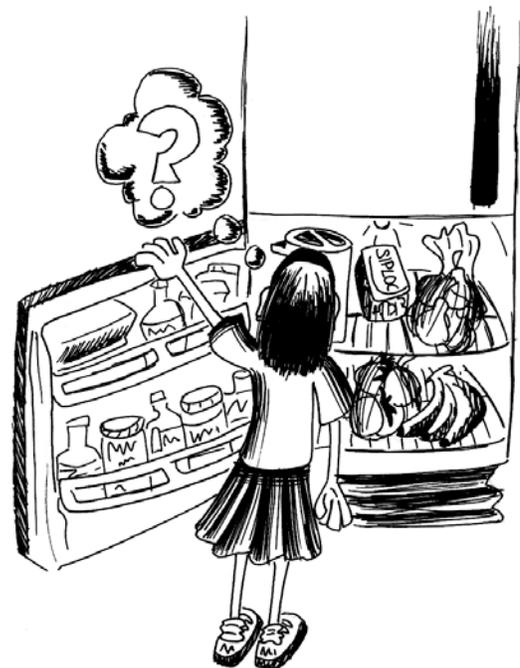
## Meal Planning Tips: Before You See the Dietitian

Taking control of diabetes has many benefits. Choosing the right foods can help you achieve the blood sugar control you want.

\*Remember the food that is good for you is good for the whole family.

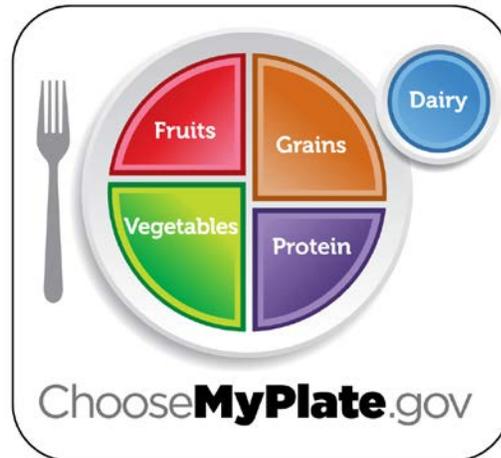
### What You Can Do:

- Eat 3 meals each day
- Eat meals and snacks at regular times
- Avoid sugared beverages
- Eat a wide variety of foods each day
- Select healthy carbohydrate foods at each meal such as:
  - Whole grains
  - Fruits and vegetables
  - Low fat milk
- Keep proteins lean – skinless chicken breast, trimmed lean beef, pork, fish and seafood
- Eat less saturated (animal) and trans fats
- If you want to lose weight, cut down on your portion sizes while still eating 3 meals per day.
- Be active each day
- Take your medicine as prescribed



# Creating a Healthy Meal

Creating a healthy meal is easy. All you need to do is balance your food between the 5 food groups in the portions shown on the plate below. You should eat food from at least 3 to 4 food groups in every meal. Try to keep your portions to a reasonable size.



When you meet with the Dietitian, together you will develop a meal plan that is right for you. Until then, these are meal ideas you can try.

Portion sizes will vary for each individual.

**Breakfast:** Hot or cold whole grain cereal (such as Cheerios, Wheaties, oatmeal) with fat free milk and a small piece of fruit

Or

English muffin with peanut butter, a glass of skim milk and a small serving of fruit

**Lunch:** Lean meat sandwich with lettuce, tomato, and low fat mayonnaise, a small piece of fruit, a tossed salad with low-fat dressing and fat free milk

Or

Tuna fish salad on pita bread, carrot sticks, graham crackers and fat free milk

**Dinner:** Baked chicken breast, broccoli, medium baked potato and a small dinner roll with tub margarine

Or

Lean hamburger on a bun, corn on the cob, green beans and a tossed salad with low-fat dressing