

Basics of healthy eating

Be aware of carbohydrates

Carbohydrates are found in grains and starches, fruits and vegetables, milk and yogurt.

These foods are important to a healthy diet, but they may raise blood glucose (sugar) quickly. What kind of carbohydrates you eat will affect how high your blood sugar will go.



Balance your plate for healthy meals

Eat more vegetables, smaller portions of lean meat, and starches like a potato.



Space meals and healthy snacks to help control blood glucose levels throughout the day

Timing is important! Work with your doctor, nurse, or diabetes educator to set times for your meals and snacks.

Sample Meal/Snack Times



My
breakfast time



My
lunch time



My
dinner time



My
snack time

This material has been developed by GlaxoSmithKline.



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