

How to Manage Your Diabetes

These foods raise your blood sugars a lot.

- Pick 1 or 2 at a time and eat a small amount.

These foods don't raise your blood sugars too much.



Talk to your nutritionist if you have more questions!

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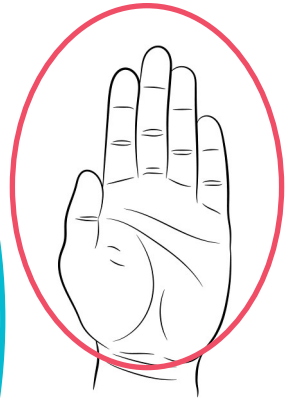


Try to just drink water, unsweetened teas or seltzer water.

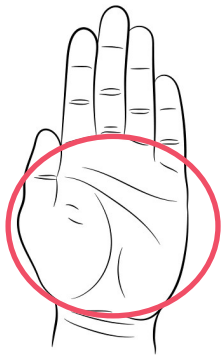
Sugary drinks like juice and soda raise your blood sugars a lot.



Portion should be size of your fist



Portion should be size of your whole hand



Portion should be size of your palm