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!
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 palm

Portion should be size of your whole hand