



## MEAL PLANNING

In spite of what you might have heard, having diabetes does not mean you have to give up all the foods you enjoy. However, learning to eat healthy, satisfying meals is an important part of your treatment.

Good meal planning includes:

- Speaking with a Registered Dietitian or Diabetes Educator.
- Understanding the importance of certain foods, portion size and meal times.
- Choosing healthy foods.

## CHOOSE HEALTHY FOOD

Good nutrition is a very important part of diabetes management.

- Eat lots of vegetables and some fruit.
- Choose whole grain foods instead of processed grain.
- Include fish and lean meats like chicken and turkey without the skin.
- Include dried beans (like kidney or pinto beans) and lentils in your meals.
- Choose low-fat dairy products such as milk, yogurt and cheese (1 percent fat or less).
- Choose liquid oils such as canola, olive or peanut oil for cooking.
- Choose fruit that is in-season for dessert.
- Choose water and calorie-free “diet” drinks.
- Control your portion sizes.

For more recipes, please visit [www.mrfood.com](http://www.mrfood.com)