

## **NUTRITION for DIABETES**

It is natural to have many questions about what to eat when you find out you have diabetes. Our diabetes educators can help you come up with an individualized meal plan. In the meantime, here are several important actions you can take **RIGHT AWAY** that will help bring down your blood sugar.

1. Stop drinking sugar sweetened beverages such as regular soda pop and fruit-aids.
2. Try to drink more water. Diet soda is acceptable.
3. Limit the amount of fruit juice you drink to ½ cup per day. It's better to have 2-3 servings of the whole fruit per day.
4. Avoid candy, cookies, and other “sweets” **FOR NOW**.
5. Become aware of serving sizes and try to eat less of the “starchy foods” like bread, potatoes, and pasta.
6. Spread your food intake out over three meals daily and avoid skipping meals.

This will get you started on the right track. You will be learning much more about what to eat and how to take care of yourself at **DIABETES CLASS**.

Call 425-339-5431 to schedule.