



# Focus on Nutrition & Diabetes

## *Plan for Success*

**S**et specific goals with your health care team for blood sugar levels, healthy eating, physical activity, and medications.

**U**se a daily food tracker for meals and snacks. Count carbohydrates or food servings, as advised by your health care team or registered dietitian.

**C**ontrol your weight. Lose weight if you are overweight.

**C**ut back on high calorie snack foods and desserts, such as cakes, chips, cookies, and pies.

**E**at meals at regular times. Follow a meal plan for breakfast, lunch, and dinner, as advised by your health care team.

**S**wap out sweetened beverages for tap or unsweetened bottled water, sparkling water, or unsweetened fizzy water. Skip the flavored syrups at the coffee shop and ask for a drink with low fat milk or an unsweetened milk alternative, such as soy or almond.

**S**trive to fill half of your plate with nonstarchy vegetables, such as salad greens, cooked greens, broccoli, cauliflower, cabbage, green beans, and carrots.

