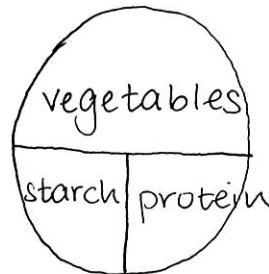


# — The — **Diabetes Food Guide** — To Healthy Eating —



- balance your plate like this at meals
- carbohydrates raise blood sugars but are still essential for energy.

