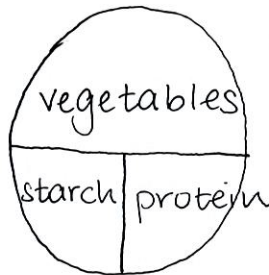


# The Diabetes Food Guide

## To Healthy Eating



• balance your plate like this at meals

• carbohydrates raise blood sugars but are still essential for energy.

