

General Diabetic Guidelines

1. Every time you eat, have a small amount of a protein source.

Protein = beef, chicken, turkey, fish, pork, cheese, cottage cheese, yogurt, peanut butter, eggs, egg substitute, nuts

2. Avoid Pure Sugar Containing Sweets:

Sugar Regular Gum Pastries Candy Regular Sodas Honey
Regular Jell-O Jam/Jelly Syrup Fruit Juice

3. Avoid Fatty Foods:

Fried * Creamed * Scalloped * Gravy

4. Limit Alcohol To: (*Only with meals*)

1 drink per day for women
2 drinks per day for men

5. Eat 3 regular meals daily at about the same time OR 5-6 mini-meals.

6. Eat fruit with meals OR with protein foods.

7. Limit fruit juice to 4 ounces daily.

8. If eating canned fruit make sure it is canned in its own juice or light syrup.

9. Eat a night-time snack with some protein, about an hour before bed.

10. Exercise 30 minutes daily.



We're right around the corner...

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