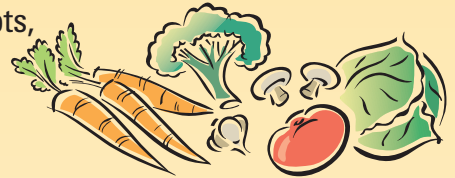


Nutrition and Diabetes

Eating the right kinds of food is an important part of your diabetes management plan.

Vegetables (such as lettuce, broccoli, vegetable juice, peppers, carrots, green beans, salsa, chilies, greens)

- Eat for vitamins, minerals, and fiber without many calories
- Eat raw or cooked, but go easy on fat, sauces, or dressings



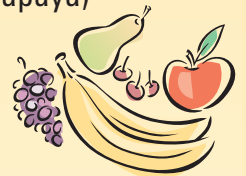
Grains (such as bread, pasta, corn, potatoes, rice, crackers, tortillas, beans, yams)

- Eat some “starchy foods” at every meal
- Choose whole-grain breads and cereals



Fruits (such as apples, juices, strawberries, bananas, raisins, oranges, mango, guava, papaya)

- Choose pieces of fruit more than fruit juice
- Eat raw or cooked fruit, juice with no sugar added, canned in their own juice, or dried



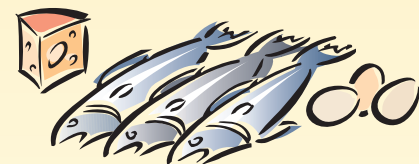
Milk and Yogurt

- Drink fat-free (skim or nonfat) or low-fat (1%) milk
- Try low-fat or fat-free yogurt made with a low-calorie sweetener



Meats and Meat Substitutes (such as chicken, fish, beef, eggs, peanut butter, tofu, cheese, ham, pork)

- Choose meat with only a little fat on it
- Cook eggs with just a little oil or use cooking spray
- Use low-fat or fat-free cheese



Fats, sweets, and alcohol

- Limit solid fats like butter, margarine, shortening, and lard
- Keep servings of sweets small. Save them for a special treat
- Talk with your doctor about how alcohol fits in with your meal plan



Talk with your doctor or dietitian about

- How many servings from each food group you should eat each day
- The best way to prepare foods

Work with your doctor and dietitian to make good food choices that help you manage your diabetes.

This material has been developed by GlaxoSmithKline.