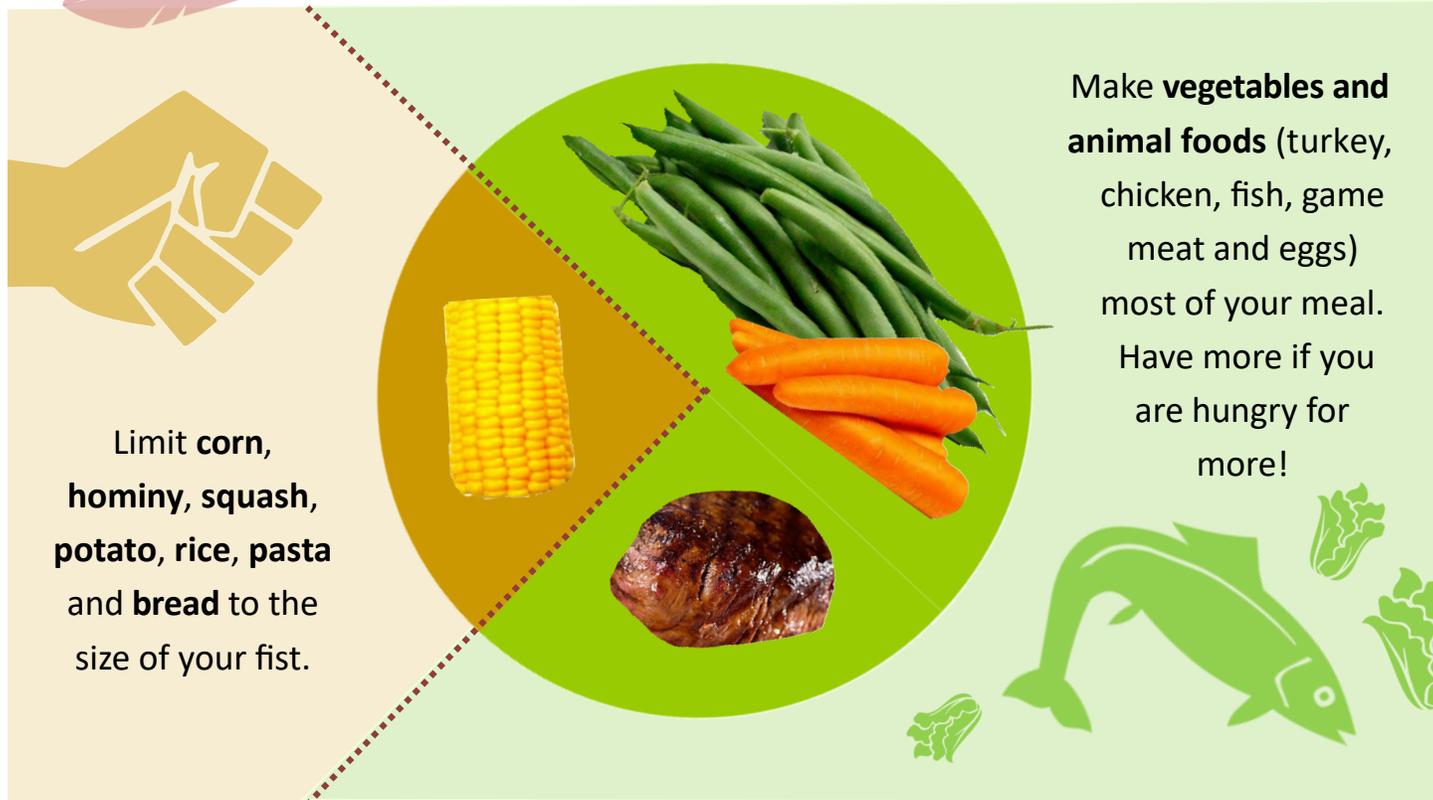


at peace with
DIABETES

NUTRITION

made simple



Limit **corn**, **hominy**, **squash**, **potato**, **rice**, **pasta** and **bread** to the size of your fist.

Make **vegetables** and **animal foods** (turkey, chicken, fish, game meat and eggs) most of your meal. Have more if you are hungry for more!



Space meals and snacks by **2 hours**.

Drink **sugar-free beverages** such as regular or carbonated water, tea and coffee.

Enjoy **healthy snacks** between meals. **Flip the page for delicious ideas!**

Healthy Snacks Ideas !



Vegetables and dip



Plain **yogurt** and **berries** or **flavored yogurt**



15-20 grapes and boiled egg



4-6 crackers and cheese or peanut butter



1 fruit and nuts



3 cups popcorn



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