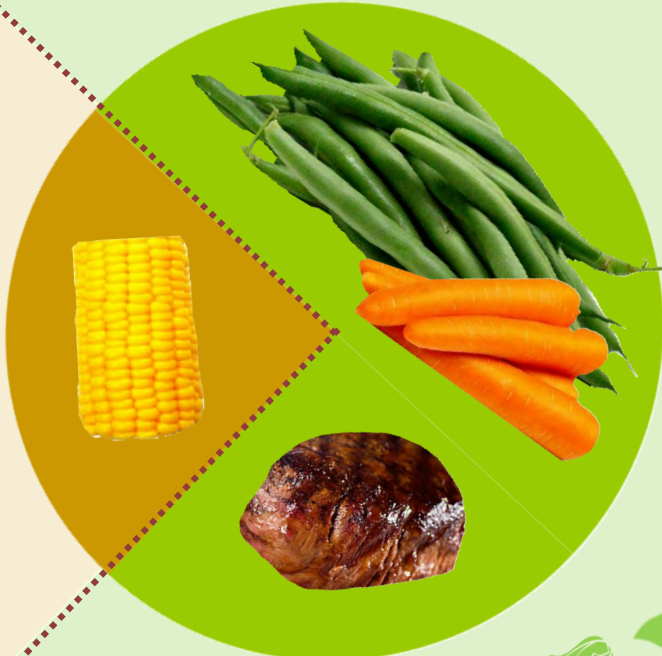


at peace with
DIABETES

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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Registered Dietitian and Certified Diabetes Educator

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