**Nutrition tips for diabetes-friendly meals & snacks**

Planning healthy meals & counting carbohydrates are important steps in managing blood sugar

A Registered Dietitian Nutritionist (RDN) can help you learn about appropriate food selection, portion control, and how to count carbohydrates.

### snack tips

- Choose snacks with 15 to 20 grams of carbs

### meal tips

- **Bake, broil or steam instead of frying**
- **Use cooking sprays or liquid oils instead of butter**
- **When fresh or frozen are not available, use canned vegetables or canned fruits with no added sugar**
- **Increase fiber intake by choosing whole grain pasta, brown rice & wheat bread**

### Calorie-free or unsweetened beverages with meals

- Milk & yogurt 1 serving = 1 cup
- Fruit

### BOOST Glucose Control® Nutritional Drink —

- specially formulated for those managing blood sugar* and a tasty option for a mini-meal or snack

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* NOT A SUBSTITUTION FOR MEDICATION. Incorporate into a balanced diet as part of a medically supervised diabetes management plan. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.