

Nutrition tips for diabetes-friendly meals & snacks

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

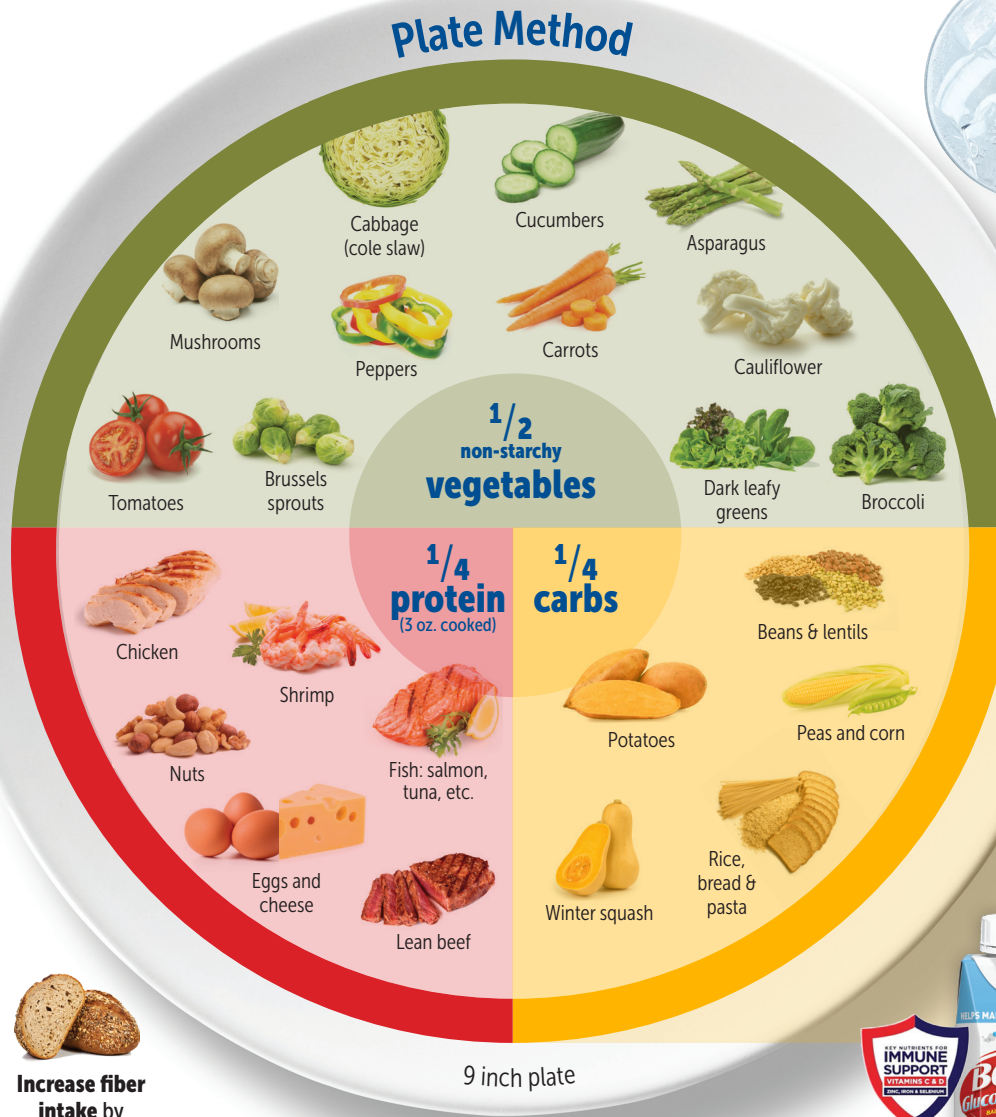
A Registered Dietitian Nutritionist (RDN) can help you learn about appropriate food selection, portion control, and how to count carbohydrates.

snacktips



Choose snacks with **15 to 20 grams of carbs**

mealtips



Calorie-free or unsweetened beverages with meals

side serving



Milk & yogurt
1 serving = 1 cup

Fruit

Find your daily Carb Choice target number

Determining your daily Carb Choice target number and counting carbs is an important strategy to help manage blood sugar

Find your Carb Choice Target Number with a RDN

$$15 \text{ grams of carbs} = 1 \text{ Carb Choice}$$

BOOST Glucose Control® Nutritional Drink —

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



16g high quality protein
1 carb choice
25 vitamins & minerals
190 nutrient-rich calories