Diabetes-Friendly Guidelines

**FRUITS**
Aim to include 1 serving of fruit in each meal.

**VEGETABLES**
Aim to include 2-3 servings of vegetables in each meal.

**GRAINS & CEREALS**
Aim to include one serving of grains or cereal in each meal.

**MEATS & LEGUMES**
Aim to include one serving of lean protein in each meal.

**DAIRY +**
Spreads and oils will last a very long time as well as shelf stable milk. Consume as recommended per serving size.

**SIMPLE & DELICIOUS MEALS TO TRY**

**Tuna Pasta Salad**
Cook pasta per package instructions, rinse, drain and cool down. Add drained canned chicken, low fat plain yogurt/mayonnaise, chopped onion, celery and tomatoes, toss everything together with some salt and pepper to taste.

**Stuffed Green Peppers**
Slice the top off green peppers; remove the seeds. Sauté canned chicken/tuna or any other type of ground meat along with your favorite veggies and seasoning, spoon into the peppers and bake for a quick yummy meal.

**Black Bean and Corn Salsa**
Drain and rinse canned black beans, corn, and tomatoes and place in a large bowl. Add diced onions and chopped cilantro or parsley. Season with lemon juice, salt and pepper to taste.

For additional healthy and delicious recipes, food resources and updates, text FTBFYI to 855-530-3663