

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 DAIRY +

Aim to include one serving of lean protein in each meal.

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.

Root Vegetables
or Whole Grains

Non-Starchy
Vegetables

Lean Proteins

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