

DIABETES & WEIGHT LOSS

A Few Pounds Make a Difference

LEARN HOW TO LOSE WEIGHT.

- To lose weight and help control your blood sugar, you will need to:
- Eat less food.
- Fill up on healthy foods.
- Limit high-calorie foods and carbohydrates.
- Exercise and be active to burn more calories.

ENJOY YOUR FOOD, BUT EAT LESS.



Use a measuring cup or diet scale to learn the serving size of different foods.

FILL UP ON NON-STARCHY VEGETABLES.



Green beans, celery, zucchini, carrots, salad greens, bell peppers, cucumbers and tomatoes are good choices.

REPLACE HIGH-CALORIE FOODS WITH BETTER CHOICES.



Avoid foods like:



Changing a few foods can help you lose weight.

LEARN HOW TO LOSE WEIGHT.

- To lose weight and help control your blood sugar, you need to:
- Eat less food.
- Fill up on healthy foods.
- Limit high-calorie foods and carbohydrates.
- Exercise and be active to burn more calories.



ENJOY YOUR FOOD, BUT EAT LESS.

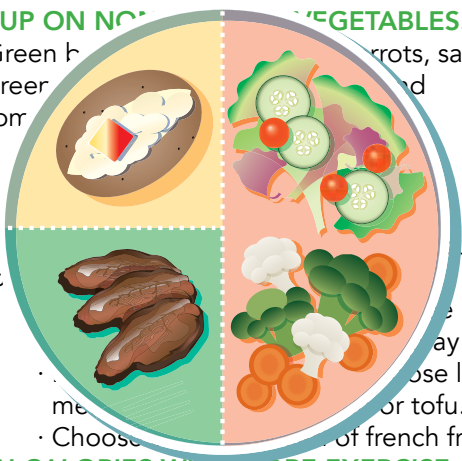
- Serve meals on a smaller, salad-sized plate.
- Use a measuring cup or diet scale to learn the serving size of different foods.
- When eating out, avoid large portions. Choose vegetable side dishes.

FILL UP ON NON-FATTY MEATS AND VEGETABLES.

- Green beans, chicken, turkey, pork chops, carrots, salad

REPLACE

- Cold cuts, fried chicken, french fries, milk, may oil, use lean meats, or tofu.
- Choose baked instead of french fries.



BURN CALORIES WITH MORE EXERCISE.

