

Diabetic Diet

Do Not Eat

Sugar

Cookies

Cake

Ice Cream

Donuts, Pastries

Honey, Syrup

Jam, Jelly

Regular Soft Drinks



Rules to Follow

Eat 3 meals each day.

Eat at the same times each day.

Do not skip a meal.

Drink 2% or skim milk.

Do not fry any food.

Take the skin off chicken and turkey.

Use only sugar free foods.

