

MEAL PLANNING METHOD

Some people find it helpful to create their meals using a planning process. A simple and popular one is the Plate Method. Using this method at lunch and dinner, you would divide your plate into sections like so:



For more information on breakfast and the Plate Method in general, go to <http://platemethod.com> or ask your treating healthcare professional for other easy ways to count carbs.

TAKEAWAY TIPS FOR STAYING HEALTHIER WITH DIABETES

- Check your blood sugar regularly and keep track of your numbers in your blood sugar diary.
- Keep your appointments with all the members of your healthcare team.
- Get an A1C test from your treating healthcare professional every 2 to 3 months.
- Follow the instructions for each of your treatments and make sure you have plenty on hand, especially if you are traveling.
- Set a healthy weight goal and stick to your balanced meal plan.
- Try to do some physical activity every day, as long as it's approved by your treating healthcare professional.
- Know the warning signs of hypoglycemia and hyperglycemia.

NOTES:
