

Dining with DIABETES



Eating healthy foods doesn't mean sacrificing taste. With proper planning, you can eat delicious meals and control your Diabetes.

WHAT IS GLUCOSE?

Glucose is a type of sugar in your blood. It is the main source of energy used by your body. Glucose comes from food with carbohydrates, such as bread, pasta, rice and starchy fruits and vegetables. Controlling your body's glucose levels is a very important part of managing your Diabetes.

HOW TO FILL YOUR PLATE

Planning good meals to control your Diabetes is as easy as putting food on a plate!

1. Fill half of your plate with non-starchy **vegetables** like:
 - » Broccoli
 - » Cabbage
 - » Carrots
 - » Leafy Greens
 - » Tomato
2. Fill one quarter of your plate with lean **protein** like:
 - » Egg
 - » Fish
 - » Lean meat
 - » Low-fat cheese
 - » Skinless or Baked Chicken
 - » Tofu
3. Fill the last empty quarter of your plate with a **carbohydrate** like:
 - » Brown rice
 - » Potatoes
 - » Taro
 - » Whole grain wheat bread

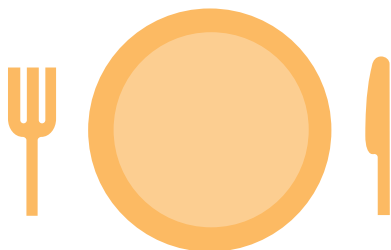
If you have any questions about this information or activity, ask your doctor or nurse at your next visit. Please call AlohaCare if you need help making a doctor's appointment.

WORD DEFINITIONS

Hypoglycemia (hi-po-gly-cee-mee-ah): Low blood sugar
Hyperglycemia (hi-per-gly-cee-mee-ah): High blood sugar

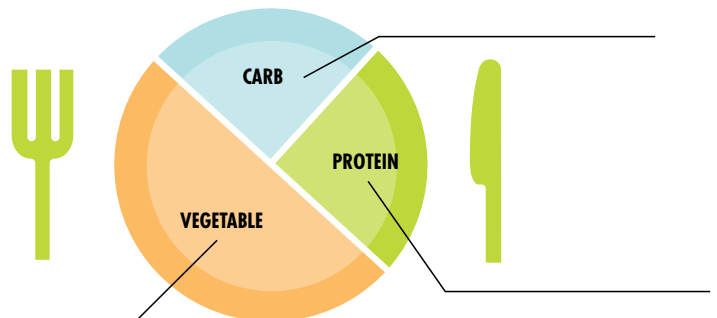
YESTERDAY'S PLATE

In the plate below, draw in your normal dinner portions and write the menu in the blanks provided.



TOMORROW'S PLATE

On this plate, draw in a healthy dinner menu that you would like to eat with a Vegetable, Protein and Carbohydrate from the lists of suggested items above.





This document has important information from AlohaCare. You can request this document to be written in Ilocano, Vietnamese, Chinese (Traditional) and Korean. There is no charge. You can have it read to you. We also offer **large print**, braille, sign language and audio. Call us at 973-0712 or toll-free 1-877-973-0712. (TTY/TDD: 1-877-447-5990).

Tài liệu này có chứa thông tin quan trọng từ AlohaCare. Quý vị có thể yêu cầu tài liệu này được viết bằng tiếng Ilocano, tiếng Việt, tiếng Trung (Phồn thể) và tiếng Hàn. Dịch vụ này là miễn phí. Quý vị có thể được đọc cho nghe. Chúng tôi cũng cung cấp **bản in cỡ chữ lớn**, chữ nổi, ngôn ngữ ký hiệu và âm thanh. Hãy gọi cho chúng tôi theo số 973-0712 hoặc số miễn phí 1-877-973-0712. (TTY/TDD: 1-877-447-5990).

Daytoy a dokumento ket naglaon dagiti napateg nga impormasyon manipud ti AlohaCare. Mabalín mo a dawaten a maisurat daytoy a dokumento iti Ilocano, Vietnamese, Chinese (Traditional) ken Korean. Awan ti bayad na. Mabalín da nga ibasa kenka. Maipaay mi met ti **nakadadakkel a letra**, naka-braille, mai-sign language ken audio. Umawag kadakami iti 973-0712 wenno iti libre a tawag iti 1-877-973-0712 (TTY/TDD) 1-877-447-5990

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本文件內含來自AlohaCare

的重要訊息。您可要求本文件的伊洛卡諾文、越南文、繁體中文和韓文等書面版本。免費提供。

您也可要求閱讀服務。我們亦提供**大字體**、點字版、手語和語音服務。請致電973-0712或免費電話1-877-973-0712。(聽障／語障專線：1-877-447-5990)。