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Crafting a Diabetes-Friendly Meal Plan

Create delicious, blood sugar-friendly meals by leveraging the right food groups and portion control.

Tips for Diabetes-Friendly Meal Planning

- Carbohydrate Counting: Tracking carbohydrate intake can help you manage blood sugar levels effectively.
- Portion Control: Consuming appropriate portion sizes is essential to avoid blood sugar spikes.
- Regular Meal Times: Eating regular meals and snacks can help stabilize blood sugar levels.
- Hydration: Drinking plenty of water throughout the day is crucial for overall health.

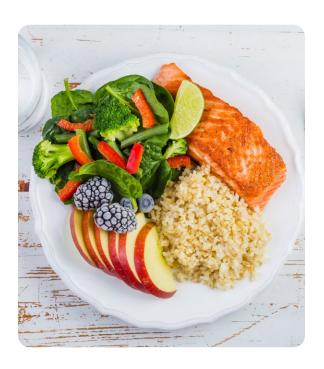
Essential Food Groups for a Diabetes-Friendly Diet

- Protein
 - Lean Protein Sources: Lean meats, poultry, fish, beans, lentils, and tofu are good choices.
- Healthy Fats
 - Monounsaturated and Polyunsaturated Fats: Found in olive oil, avocados, nuts, and seeds, these fats can help reduce the risk of heart disease.
- High-Fiber Foods: Foods like fruits and vegetables are low-calorie options that help slow digestion and are an excellent source of vitamins and minerals.
- Carbohydrates
 - Complex Carbohydrates: Opt for whole grains like brown rice, quinoa, and whole wheat bread, which are digested slowly, leading to a gradual rise in blood sugar levels.
 - Fruits and Vegetables: These low calorie, high fiber foods are excellent sources of vitamins and minerals.



Practical Tips for Meal Planning

- The Plate Method: Fill half your plate with non-starchy vegetables, one quarter with lean protein, and one quarter with carbohydrates.
- Read Food Labels: Pay attention to carbohydrate content, serving sizes, and added sugars.
- Cook at Home: Preparing meals at home allows you to control ingredients and portion sizes.
- Meal Prep: Plan and prepare meals in advance to save time and make healthier choices.
- Incorporate Healthy Snacks: Choose snacks that are low in sugar and high in fiber, such as fruits, vegetables, nuts, and yogurt.
- **Stay Hydrated:** Drink plenty of water throughout the day to maintain hydration and support kidney function.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage diabetes effectively.

We're committed to your health. Contact us today for more information.



The Advanced Diabetes Supply Group



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