

Healthy Eating Habits for Diabetes

Eat Healthy, Live Happy!



Variety of Produce

Aim to eat at least five servings of fruits and vegetables every day.



Avoid Sugar

Eat Sugar-free foods and always double check labels to ensure it.



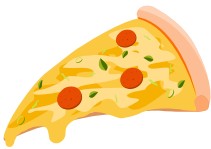
Healthy Proteins

Eat protein from healthy sources such as hard-boiled eggs, fish and lean meat, nuts and seeds, cheese, protein bars.



Drink Enough Water

Make sure to drink at least 8 glasses of water per day to stay hydrated.



Avoid Processed Foods

Limit or avoid consumption of processed foods that are high in saturated fat and preservatives.



Watch Portion Sizes

Be mindful of portion sizes to avoid overeating, which can lead to obesity.