

Your Community Health Center Cares About You

Live Free with Diabetes

No Smoking!

Smoking is very bad for
someone with diabetes

If you smoke, stop
Can't stop? Cut back

Ask your medical provider
where you can get help



Want More Information?

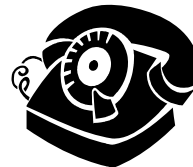
Ask your medical provider.



Call the American
Diabetes
Association.
1-800-DIABETES
(1-800-342-2383)

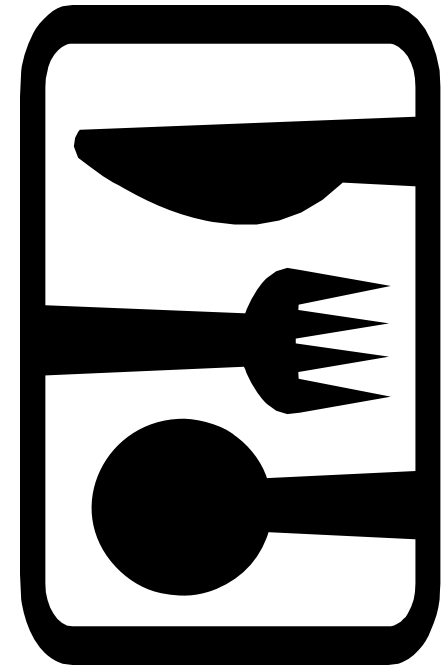
Information is only for
educational purposes,
and not intended as medical
advice.

To determine if it is
appropriate for you,
consult your medical provider.



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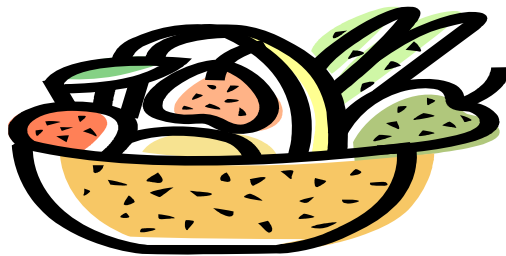
Healthy Eating For Diabetes



Simple Tips for Healthy Eating

Eat a Variety of Good Foods

Eat mostly whole grains, vegetables and fruits.
Eat moderate amounts of poultry, fish, lean meats, and no-fat and low-fat dairy products.



Limit Some Foods & Drinks

Limit food & drink high in fat, sugar or salt.
If you drink alcohol, use in moderation.



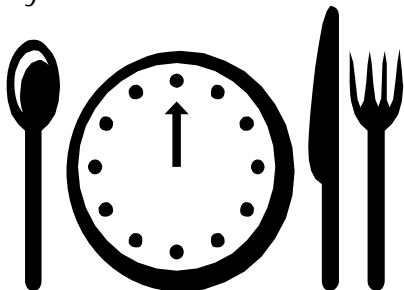
Prepare Foods Wisely

Bake, broil, boil and steam.
Use spices instead of salt to add flavor.



Plan When to Eat

Set times for when to eat
your meals and snacks.



Don't Overeat

Eat smaller portions. Avoid "seconds."
Only eat at your scheduled times.

