

DIABETES MEAL PLANNING CHECKLIST



- Plan meals ahead of time**
Prepare ingredients, meals, and set meal times so that healthy choices are easy.

- Include vegetables at every meal**
Aim for half your plate to be non-starchy vegetables.

- Choose healthy carbohydrates**
Pick only one main carb per meal, like rice, bread, potatoes, etc.

- Include protein with each meal**
Add beans, fish, chicken, beans, meat, or other protein sources.

- Limit sugary drinks and snacks**
Choose water, unsweetened beverages, or those with healthy sugar substitutes.

- Watch portion sizes**
Decide portions using hand or plate methods to prevent overeating.

- Read food labels whenever possible**
Check for added sugars, total carbohydrates, and unhealthy fats.

PERSONAL NOTES:

IMPORTANT: This checklist supports daily self-care and doesn't replace medical advice. Always follow guidance from your healthcare provider.