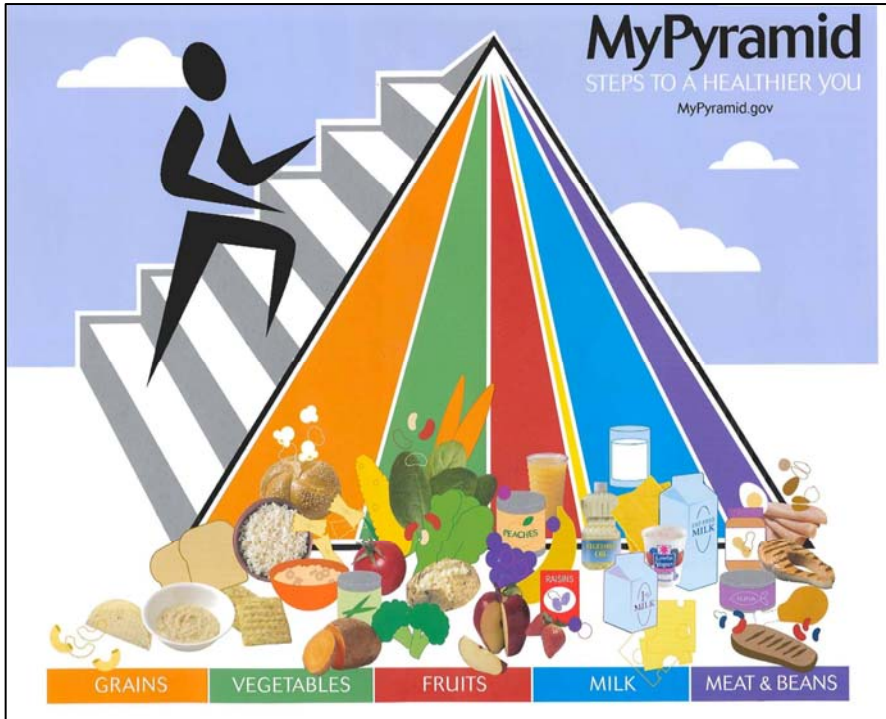


BASIC NUTRITION GUIDELINES

Meal planning is the first step in the treatment of diabetes. Eating a **well balanced diet** will improve blood sugar and weight control. Our diabetes educators can help you develop a meal plan that fits your lifestyle.



Servings/Day
(Based on 2,000 calories/day)

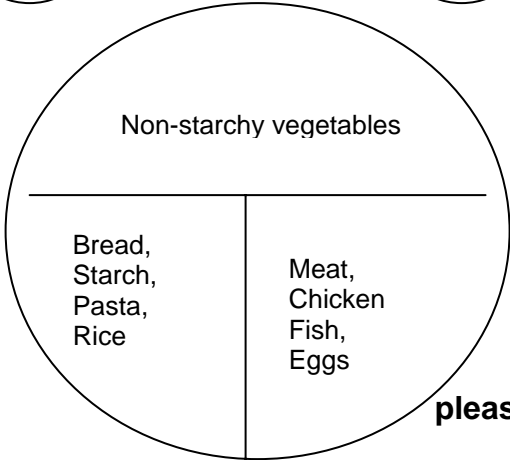
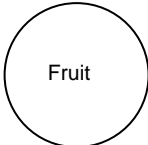
Grains – 6 servings
Vegetables – 2 ½ Cups, cooked
Fruits – 1 ½ - 2 Cups
Dairy – 3 servings
Meat & Beans – 6 ounces
Fat – 2-3 servings

No. of Carb Servings/Meal

Women: 3 to 4 servings
Men: 4 to 5 servings

No. Snacks/Day

1-2 servings, as needed



To learn more about the Diabetes Education Programs at the UCONN Health Center, please call the UCONN link at 860-679-7692/800-535-6232.