**Examples of foods you can eat**

Eat more natural, less processed foods. Select foods without added sugar and with more fiber.

**Examples of foods to avoid**

Avoid these foods to keep your blood sugar normal.

Your meal plan helps to keep your blood sugar normal.

Su plan de comidas ayuda a mantener el nivel de azúcar en su sangre normal.

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Development of this material is supported by Federal Title V funds, received from the California Department of Public Health, Maternal, Child and Adolescent Health Division. © California Department of Public Health 2012
### What and when you are going to eat

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast/Desayuno</th>
<th>Snack/Merienda</th>
<th>Lunch/Almuerzo</th>
<th>Snack/Merienda</th>
<th>Dinner/Cena</th>
<th>Snack/Merienda</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Bread/Pan</td>
<td>Bread/Pan</td>
<td>Bread/Pan</td>
<td>Bread/Pan</td>
<td>Bread/Pan</td>
<td>Bread/Pan</td>
</tr>
<tr>
<td>8:00</td>
<td>Fruit/Fruta</td>
<td>Fruit/Fruta</td>
<td>Fruit/Fruta</td>
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<td>Fruit/Fruta</td>
<td>Fruit/Fruta</td>
</tr>
<tr>
<td>9:00</td>
<td>Milk/Leche</td>
<td>Milk/Leche</td>
<td>Milk/Leche</td>
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<td>Milk/Leche</td>
</tr>
<tr>
<td>10:00</td>
<td>Vegetable/Verdura</td>
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<td>Vegetable/Verdura</td>
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<td>Vegetable/Verdura</td>
<td>Vegetable/Verdura</td>
</tr>
<tr>
<td>11:00</td>
<td>Meat/Proteina</td>
<td>Meat/Proteina</td>
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<td>Meat/Proteina</td>
<td>Meat/Proteina</td>
</tr>
<tr>
<td>12:00</td>
<td></td>
<td>Fat/Grasa</td>
<td>Fat/Grasa</td>
<td>Fat/Grasa</td>
<td>Fat/Grasa</td>
<td>Fat/Grasa</td>
</tr>
</tbody>
</table>

### How to cook your food

- **DO NOT FRY YOUR FOOD** EVITE FREIR SU COMIDA
- **BAKE OR BOIL YOUR FOOD** Hornee o hierva su comida
- **YOU CAN ALSO GRILL** También puede asar a la parrilla

### REMEMBER

- follow your meal plan
- eat all your meals and snacks
- eat every 2 to 3 hours
- measure your food
- bake, boil or grill your food
- talk to your dietitian

### Your dietitian is:

Su dietista es: ____________________

Phone: ____________________