

Balancing Your Plate For Blood Sugar Control

Balanceando Su Plato Para Controlar la Glucosa

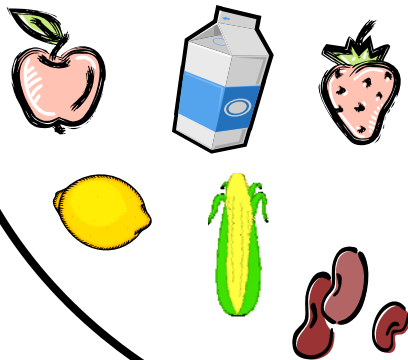
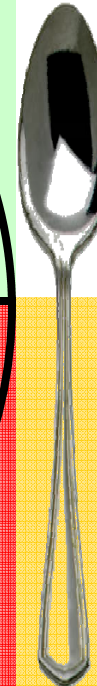
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Vegetables
Verdura

1/2 Plate
1/2 Plato



Water / Agua
"Diet" Drink /
Bebida
de "Dieta"



Grains, Fruits, Milk
Raise blood sugar

Granos, Fruta, Leche suben el azúcar
1/4 Plate / Plato



Protein *Proteína*
1/4 Plate / Plato



Fats
Grasas
1-2 Tablespoons
Cucharadas