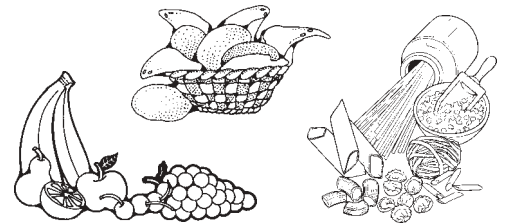
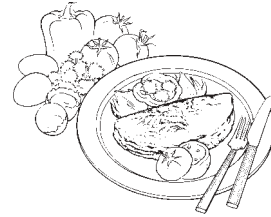




## HMONG DIABETIC DIET

**This diet will help to prevent your blood sugar from rising too high.**

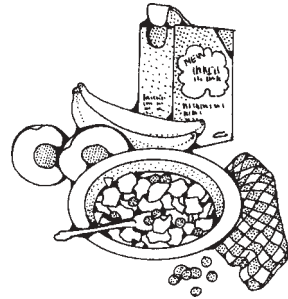
1. **Eat at least three meals each day**, about four to five hours apart.
2. **Eat your meals at about the same time each day.**
3. **Eat about the same amount at each meal.**
4. **Eat less sugar.** Foods high in sugar are regular soft drinks, candy, cake, pie, cookies, sugar, brown sugar, honey, maple syrup, molasses, jelly, jam, etc.
5. **Eat less fat.** Use less oil, butter, margarine, salad dressing. Choose lean meats. Avoid fried foods.
6. **Use less salt.** Do not add salt to your food.
7. **Eat more carbohydrates(starches and grains).** Choose whole grain breads, cereals and crackers; brown rice; dried beans, peas and lentils; fresh fruits and vegetables.
8. **Use alcohol in moderation.** It is best to avoid alcohol altogether. If you like to have an alcoholic drink now and then, ask your doctor if it is okay for you.



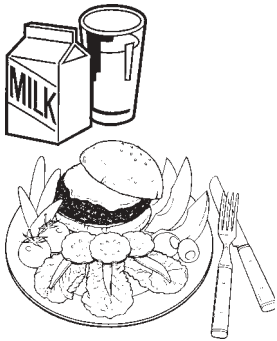
# Sample Menu

## Morning Meal

- 1/2 cup unsweetened fruit or juice
- 1 cup cooked rice or cereal
- 2 oz. pork or chicken or tofu or fish or egg
- 1/2 cup cooked vegetable
- 1/2 cup skim milk (if desired)



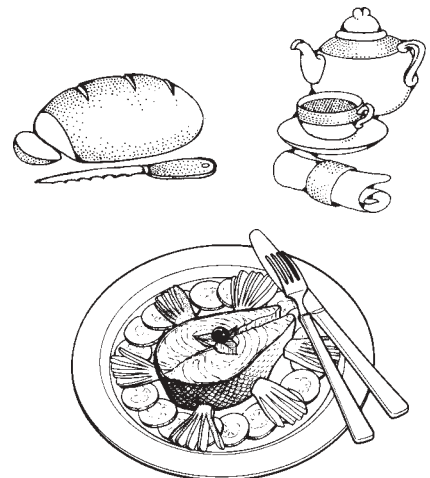
## Mid-day Meal



- 1/2 cup unsweetened fruit or juice or 1 piece fresh fruit
- 1 cup cooked rice or noodles or potato or 2 slices bread
- 2 oz. beef or pork or chicken or tofu or fish
- 1 cup cooked vegetables
- 1/2 cup skim milk (if desired)

## Evening Meal

- 1/2 cup unsweetened fruit or juice or 1 piece fresh fruit
- 1 cup cooked rice or noodles or potato or 2 slices bread
- 2 oz. beef or pork or chicken or tofu or fish
- 1 cup cooked vegetables
- 1/2 cup skim milk (if desired)



**You may have unsweetened tea, coffee or diet soft drinks  
as often as you wish.**