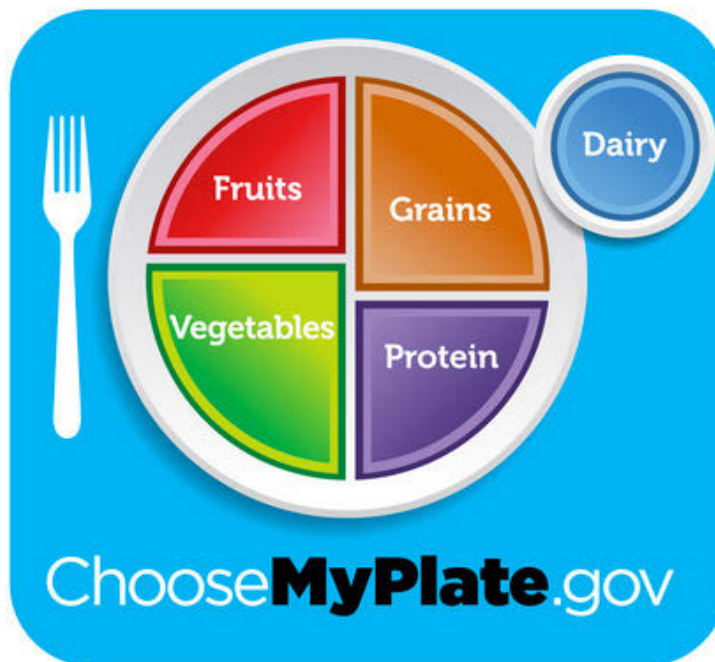




Create Your Plate

Have you ever wondered how to fill your plate? If you have diabetes, your plate may be your best friend when it comes to managing your condition. A simple strategy, called “Choose My Plate,” may help you make sure that you are eating a variety of nutritious foods at each meal for better diabetes management.



Step up to good nutrition

If you have access to a computer, find out about all the latest news on following a healthy diet and being active at www.choosemyplate.gov. On this Web site, you'll learn to make smart nutritional choices from every food group as well as how to find your balance between food and physical activity, get the most nutrition out of your calories, and stay within your daily calorie needs.

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.