

MEAL PLANNING TIPS FOR DIABETICS



Ever wonder about portion size?

Here's what the ideal plate of food should look like – one half should be leafy green vegetables and the other half should be split between a lean piece of meat no bigger than a deck of cards and a healthy carbohydrate, such as brown rice, potatoes or pasta.

If you have diabetes, you know you need to modify your diet to ensure your blood glucose levels don't get too high or too low.

For more easy tips, enroll in the Condition Management program.

Work one-on-one with a specialized nurse who can help you get your diet under control. You'll learn simple steps to gradually change your diet so that you don't become overwhelmed by trying to change too much right away.

The program is offered as part of your current benefits plan so there are no out-of-pocket costs to participate. Plus, it is completely confidential so call or enroll online today!

855-738-1768 ■ <https://asea.optum.com>

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.