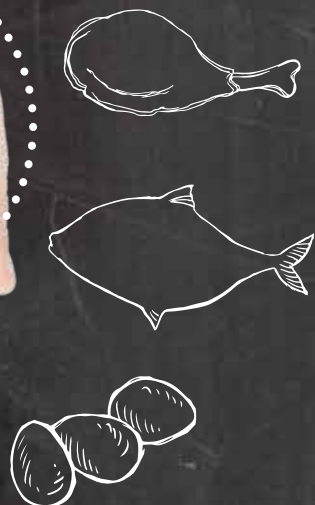


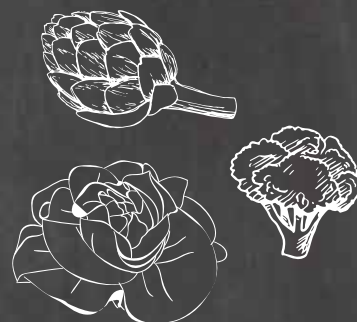
PERFECT PORTIONS

—YOUR GUIDE TO HEALTHY EATING—

PROTEIN



NON-STARCHY VEGETABLES



STARCHES and GRAINS



FATS



DRESSING/
MAYONNAISE



BUTTER/
OLIVE OIL



Many dietitians recommend that people with diabetes eat two servings of fruit per day and two servings of milk or yogurt. Talk to your dietitian / diabetes educator about what's right for you.