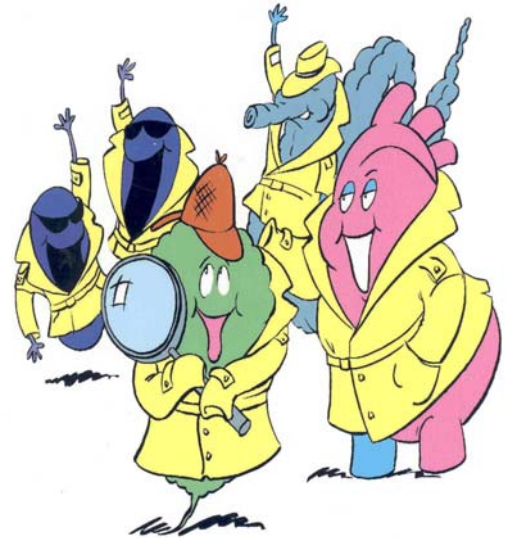


# Health Tip Of The Month: Tips from the Diabetes Health Agents

- \*Eat meals at the proper time and on a regular schedule
- \*Learn how to make healthy choices when you eat out



- Follow your meal plan, eat healthy
- Drink water or other calorie-free drinks (diet soda) when you have the urge to eat between meals
- Avoid eating large quantities at meals or snacks

Peter Pancreas



- ~Choose a diet with plenty of vegetables and grains
- ~Eat only at a table
- ~Eat slowly and chew your food thoroughly