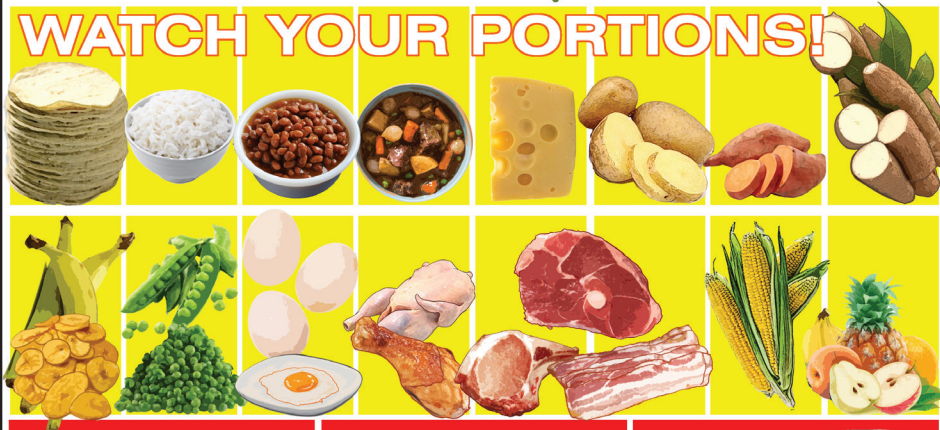


EAT THESE FREELY!



WATCH YOUR PORTIONS!



BE CAREFUL!

Eat only small amounts and ask your doctor about how they fit into your diet.



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the LIFE of the PARTY

Making healthy choices with diabetes



Your doctor may have mentioned looking out for carbs and serving sizes. Here's where you can find that on a label! Ask a dietitian or doctor to explain this label and how you can make healthy choices using this information.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
	Calories 230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Hey! It's Ricardo!

Where have you been?

Finally!

Come eat!

Sometimes I crave food like chips. Can we buy some?

Yes, it's ok to have a small taste! We will make sure that the serving size is small and follows your doctor's recommendations.

POTATO CHIPS MONSTER SIZE!

POTATO CHIPS SMALL SIZE!

BEER

Caution: The same is true for beverages, including juice and beer! Be careful of the sugar content and serving size.

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I'm so excited to have some of these foods that I missed. There are still so many wonderful flavors to enjoy with diabetes, and many ways to celebrate!

Plate of food: rice, chicken, salad, tomatoes, cucumbers, and a small bowl of banana slices.

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