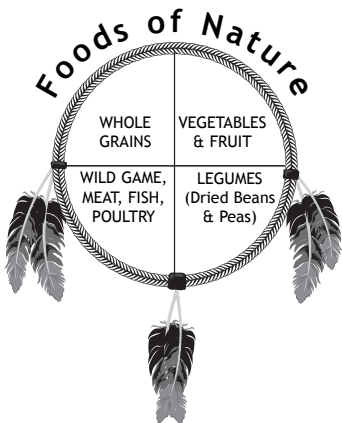


# Restoring the Balance Through Healthy Eating



**Diabetes is an imbalance  
in blood sugar**

**Help keep blood sugar  
balance by:**



- Healthy foods
- Small frequent meals
- Cutting back on sweets
- Cutting back on fats
- Exercise: walk, run, dance, swim, housework

## **Tips To Keep The Balance**

- Eat breakfast and have regular small meals
- Eat whole grains such as whole wheat, barley and oat meal
- Eat legumes, dried beans and peas. They are protein foods that regulate blood sugar
- Eat low-carb vegetables such as green peppers, cucumbers, celery, broccoli, cauliflower, mushrooms, tomatoes, spinach, onions, radishes, green beans



When people depart from natural foods, the risk of Type 2 diabetes increases dramatically.