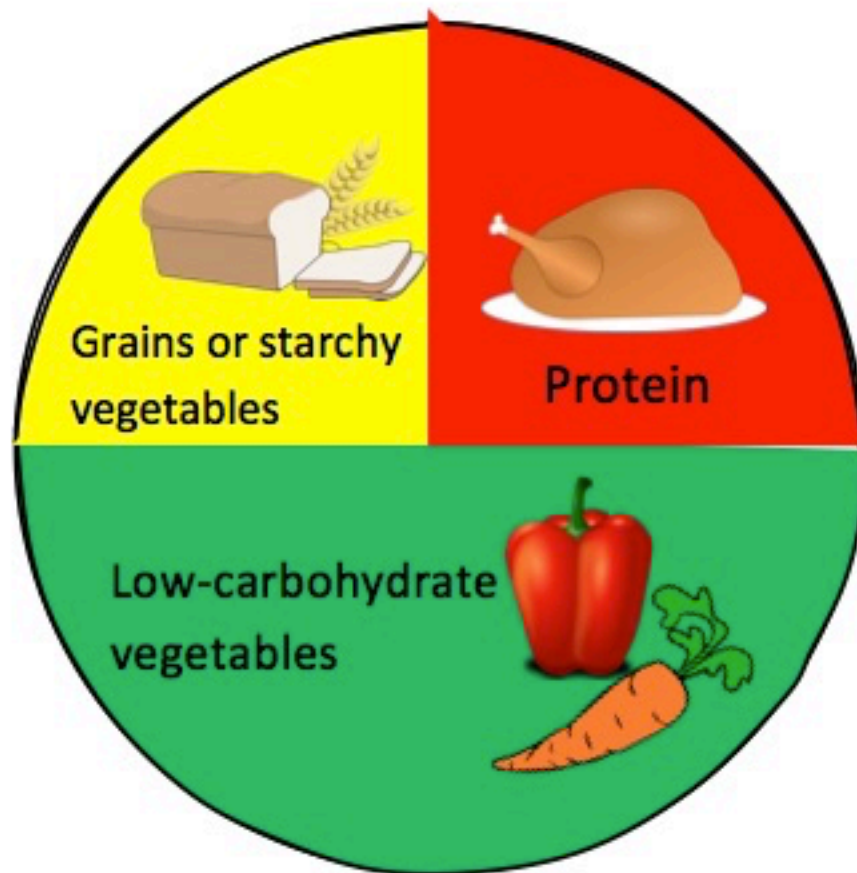


Diabetes Meal Plan



Fruit



Grains or starchy
vegetables

Protein

Low-carbohydrate
vegetables



Low-fat
dairy