Don’t hide away! Let’s go to the store together and I’ll show you how you can still make good healthy choices for yourself!

I’m worried I won’t be able to eat any of the food at the party tonight; I’m diabetic now.

We will buy most of our food in the fresh section: vegetables, fruits, meats, and whole grains. If you’re going to buy canned or packaged food...

...make sure you look at the label!
5) How much does it cost?

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

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.

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

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!

Hey! It’s Ricardo! Finally! Where have you been?

Come eat!