

# EAT THESE FREELY!



# WATCH YOUR PORTIONS!



# BE CAREFUL!

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



**FARMWORKER JUSTICE**

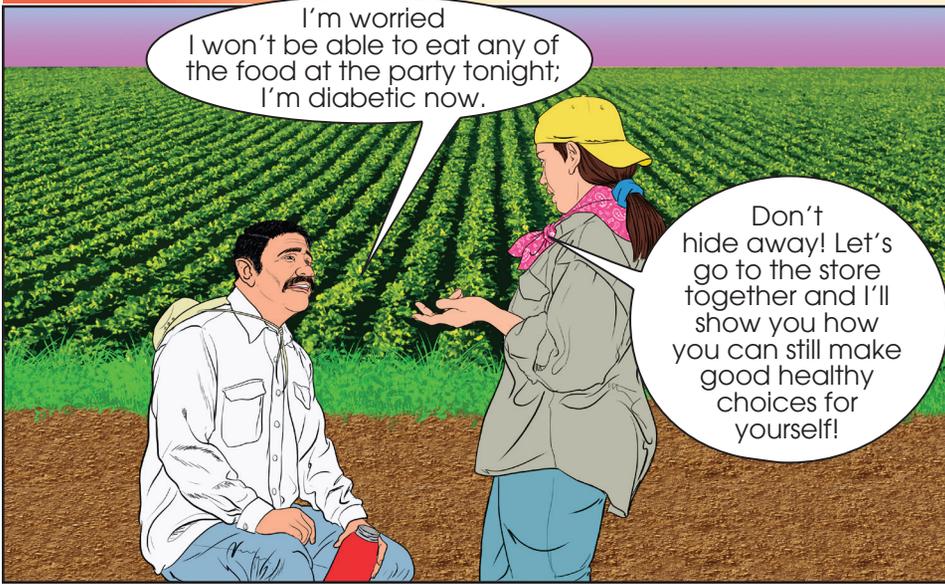
This publication was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under cooperative agreement U30CS2274, National Training and Technical Assistance Cooperative Agreement, for \$450,000 with 0% financed with non-federal sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

FJ would like to acknowledge Araceli Trevino, Erin Bergquist, and Allison St. Germain for their help with this brochure.

Art and design: Salvador Sáenz / Art assistant: Uriel E. Sáenz

# 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	
<b>Calories</b>	<b>230</b>
% 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.

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.

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

2

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!

3