

You Can Do It

Choose one of these easy ideas or write down 1 or 2 things you will do for the next few weeks. Remember, little changes in your eating can make a big difference in your blood sugar.

- I will switch from juice or soda to diet soda.
- I will eat breakfast every morning.
- I will order regular size instead of super size at fast-food restaurants.
- I will pack a healthy lunch some days instead of eating out.
- I will keep healthy snacks on hand, like cottage cheese, carrot sticks, hard-boiled eggs, unbuttered popcorn, or sugar-free popsicles.
- I will eat slowly and wait before getting a second serving.
- _____
- _____
- _____



“It was hard to stop drinking regular soda, but now I like diet drinks and water.”

