

Nutrition Tips for Diabetes



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This booklet includes topics such as safe exercise, tips for eating out, and managing sick days for individuals living with diabetes. With this booklet, you'll also find suggestions on meal planning based on patterns found to be effective in managing the disease.

Multiple copies are available to agencies or individuals. Please contact the Nutrition Services Department at nutrition@glwd.org or [212.294.8103](tel:212.294.8103) for further information.