Preparing Healthy Meals
FOR THE WHOLE FAMILY!

**TIPS HOW TO SLIP GOOD FOOD INTO YOUR MENU!**

**Meat & Cheese Burrito**
Choose lean meat. Add a small amount of black beans and cabbage.

**Peanut butter & jelly**
Make sandwich with whole grain bread.

**Rice dish**
Use brown rice or mix brown and white together.

**Beef Stew**
Add in a small amount of another vegetable such as sweet potatoes or chard.

**Oatmeal**
Add sweetness with fresh or frozen strawberries and blueberries instead of adding sugar.

**Cereal**
Choose a whole grain, low sugar cereal.

**Side dish**
Experiment with fresh vegetables and enjoyable dips.

**Chicken Strips**
Thaw frozen chicken strips and add to frozen vegetable stir fry. Pour stir fry over brown rice for a quick and healthy meal.

**Roasted Chicken**
Remove the skin and pull the chicken off and place on each plate. Add a baked potato (8-9 minutes in the microwave) and consider a premixed lettuce side salad.

**Quick and Easy Suggestions to Try!**

Give these tips a try and healthy eating can be a family affair. The American Diabetes Association’s food hub can give you more ideas.

IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.

Talk to your doctor about your next steps. You’re not in this alone. Find answers to your questions and join the initiative: KnowDiabetesbyHeart.org/join

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