

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.



Beef Stew

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



Cereal

Choose a whole grain, low sugar cereal.



Rice dish

Use brown rice or mix brown and white together.



Peanut butter & jelly

Make sandwich with whole grain bread.



Oatmeal

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



Side dish

Experiment with fresh vegetables and enjoyable dips.



QUICK AND EASY SUGGESTIONS TO TRY!



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.

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](https://www.knowdiabetesbyheart.org/join)