Preparation 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.

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.

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

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.

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