

My Weekly Meal Diary

Wk of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST							
Daily Carb Total							
LUNCH							
Daily Carb Total							
DINNER							
Daily Carb Total							
SNACK							
Daily Carb Total							
TOTAL							

Healthy Eating Guide for Diabetics



Guide to the Glycemic Index

Foods that contain carbohydrates increase blood sugar levels. The glycemic index ranks carbohydrates on a scale from 0 to 100 based on how much they increase blood sugar...

<http://www.qualityhealth.com/diabetes-articles/diabetes-guide-glycemic-index>



Tips to Safely Enjoy Sweets

Creativity is the key to enjoying good food while still managing your diabetes. It's all a matter of substituting small portions of sweets for other carb-containing foods in your...

<http://www.qualityhealth.com/diabetes-articles/tips-safely-enjoy-sweets>



Making Wise Carb Choices

In the wake of popular protein-heavy diets such as South Beach and Atkins, some people still consider carbohydrates to be the enemy. But it's important to remember that there...

<http://www.qualityhealth.com/eating-nutrition-articles/making-wise-carb-choices>