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The Goldring Center for Culinary Medicine

TULANE UNIVERSITY

Healthy Eating for People with Diabetes

- **Please** call the dietitian if you are having trouble with this meal plan.
- Do not skip meals. Certain medications and medical conditions may make snacks required.
- Wait at least 2-3 hours between meals, but no longer than 6 hours unless otherwise directed.
- Remember: 1 carbohydrate serving is an amount of food that gives you 15g of Carbohydrate

NOTES:
