



**Madison Health &
Wellness Center**

FOOD PREPARATION TIPS:

Weigh and measure everything you eat. The best fruits and vegetables are fresh and eaten raw. Try them steamed, baked, grilled or broiled. Meat and other forms of protein is best baked, broiled, grilled, or stewed. Fish and tofu are best steamed or lightly sautéed. Use spices and herbs to bring out the flavors of your foods.

Eating Well

**Nutrition and
Nourishment
Education**

Our goal is to focus on a total health approach considering mental and physical wellness.



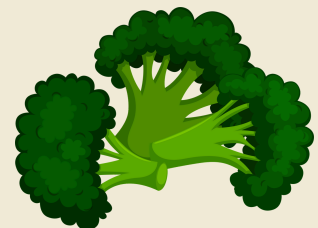
**Madison County
Memorial Hospital**



Visit Us

224 NW Crane Avenue
Madison, FL 32340
(850) 253-1907

coach@mcmh.us
www.mcmh.us/coach



GOOD FOR YOU

- Fresh raw vegetables
- Poultry
- Fish
- Tofu
- Eggs
- Beans
- Brown rice
- Sweet potato
- Whole wheat flour
- Corn
- Water
- Unsweetened tea
- Coffee with low fat-milk and alternative sugar
- 1% milk
- Low-fat yogurt
- Cottage cheese
- Sour cream
- Natural peanut butter (2 TBSP)
- 15 almonds
- 3 celery sticks
- 5 baby carrots
- 5 cherry tomatoes
- 1 TBSP ranch dressing
- 1 hard boiled egg
- ¼ cup blueberries
- 1 cup salad greens
- ½ cup diced cucumbers

BAD FOR YOU

- Sodas of any kind
- Flavored coffees
- Energy drinks
- Fried foods of any kind
- Organic/Fresh Juice
- Breakfast cereal
- Pancakes/Waffles
- White-flour products
- White rice
- Canned fruits and vegetables
- Natural Sweeteners (agave nectar, honey, raw sugar)
- Whole milk products
- Processed peanut butter
- Chicken skin
- Frozen meals
- Candy
- Potato chips
- Bagged snacks
- Most pastas



Are you ready to start your wellness journey?

DIABETIC FOOD CHOICES

Eating healthy is one of the most important ways to manage your diabetes and keep your blood sugar under control. The best way to look at this is as a lifelong lifestyle change not a fast fix or a fad diet.

The simplest way to start on the path to healthy eating is to invest in a measuring cup and a food scale.

It is not only important what you eat but how much you eat. Everything you eat should be on a scale or in a measuring cup before you put it in your mouth. This will help you keep your proportions in check.

