

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Healthy Meals for Those With Diabetes

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: EAT A CEREAL THAT LISTS “WHOLE GRAIN” AS ONE OF THE FIRST INGREDIENTS.

WEEK 2: IN EVERY MEAL THIS WEEK, INCLUDE 30-45 GRAMS OF CARBOHYDRATES.

WEEK 3: ADD BLACK BEANS TO A SALAD OR A SANDWICH.

WEEK 4: TRY ONE OF THE RECIPES FROM THE WEBSITE PROVIDED.

<http://www.eatingwell.com/recipes/18338/health-condition/diabetic/quick-easy/>

Complete the Weekly Challenges & you will feel better and be more in control of your health.