

TABLE OF CONTENTS

Carbohydrate Counting for Better Care	4
Reading Food Labels	5
Handy List of Foods	
The Whole Grain Truth (Starch)	6
Fabulous Fruit	7
Do It Right with Dairy	7
Splurge with Vegetables	8
Combination Foods	8
Desserts	9
Free Foods - Unlimited	
Beverages	10
Condiments	10
Seasonings	10
Other	10
Free Foods - Limited	
Condiments	10-11
Other	11
Meat and Meat Substitutes	
Lean Meat and Meat Substitutes	11
Medium & High Fat Meat and Meat Substitutes	11
Fats	
Unsaturated Fats	12
Saturated Fats	12
Dining Out for Better Care	13
What's On Your Plate?	14
5 Day Meal Plan	15
Recipes	16-17
Better Care Daily Planner	18-19

Important Note: The contents of this guide are not intended as a substitute for professional medical advice, diagnosis or treatment. Always follow your doctor's or healthcare provider's advice.

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