

**To lower A1C value, reduce Weight &
improve Waist Circumference and
Lower Triglycerides**

Women: *30-45 grams Carbohydrates per meal

Men: *45-60 grams Carbohydrates per meal

Snacks: Women: Two 15gm Carb snacks per day

Men: Two 30gm Carb snacks per day

Women over 5'9" in height can eat up to 45 gms Carbs

Men over 6'1" in height can eat up to 60gms Carbs

Use the Healthy Plate method to decrease carbohydrate portions (half plate is non-starchy vegetables). Also use today's substitutions for carbohydrates.

Read food labels for Total Carbohydrates/serving size.