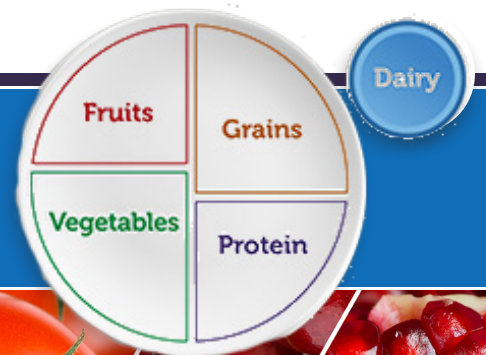




September is *Fruits and Veggies* More Matters Month

Eat healthy to control diabetes and manage blood sugar levels. Fruits and vegetables are an important part of a healthy diet. Make sure you are getting at least 5 a day.

The U.S. Department of Agriculture and the Department of Health and Human Services recommend you fill 1/2 your plate with fruits and vegetables at every meal or snack.



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Fruit Options

- 1/2 cup berries (raspberry, strawberry, blueberries)
- 1 cup cherries
- 1 medium apple, pear, peach or apricot
- 1 small orange or banana
- 1 slice melon (honeydew, cantaloupe, watermelon)
- 4 oz. 100% orange juice
- 1/2 cup fruit salad
- 1/5 medium avocado
- 1 large kiwi
- 1/4 cup dried fruit (raisins, blueberries, cranberries)
- 17 small or 12 large grapes

Vegetable Options

- 1/2 cup roasted red peppers
- 1 medium tomato
- 1 cup raw or 1/2 cup cooked carrots
- 1 cup squash (acorn, butternut, hubbard, spaghetti)
- 1/2 cup beans or peas
- 1/2 cup stir-fried vegetables
- 1/2 cup broccoli
- 1 cup spinach salad
- 1/2 cup kale
- 1/2 cup asparagus
- 1 cup vegetable soup
- 1 cup eggplant

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If you or a family member has pre-diabetes or any type of diabetes and are enrolled in the health plan, join the **Good Health Gateway®** Diabetes Care Rewards Program for helpful tips, clinical diabetes support, and \$0 copays on your diabetes medications and supplies that can help with your diabetes management. Call or visit us online today.



Enroll Today!
800.643.8028 | Hablamos español.
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