

# Diabetes Do's & Dont's

- Vegetables
  - nonstarchy: includes broccoli, carrots, greens, peppers, and tomatoes
  - starchy: includes potatoes, corn, and green peas
- Fruits—includes oranges, melon, berries, apples, bananas, and grapes
- Grains—at least half of your grains for the day should be whole grains
  - includes wheat, rice, oats, cornmeal, barley, and quinoa
  - examples: bread, pasta, cereal, and tortillas
- Protein
  - lean meat
  - chicken or turkey without the skin
  - fish

- Processed meats
- Full-fat dairy products
  - full cream milk
  - full cream yoghurts
- Packaged snacks and processed baked goods
- White carbohydrates
- Carb heavy foods
  - white bread
  - rice
  - pasta
- Sweetened breakfast cereals
- Dried fruits
- High GI fruits
  - mangos
  - oranges
  - grapes
  - bananas
  - pineapples
  - raisins
  - watermelon
- French fries
- Higher-fat cuts of meat
  - pork

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Microsoft Surface Pro 4 for Seniors: An Easy Guide to the Best Features Bill Stonehem,2016-06-01 Microsoft Inc has done it again with the release of its latest creation The new Surface Pro 4 is the result of the combined design of the traditional computer and the laptop The new device according to the reviews epitomizes convenience while maintaining the quality and efficiency for which Microsoft devices have become known The Surface Pro 4 released to the public in October of 2015 boasts improvements from its earlier model the Surface Pro 3 These enhancements include a thinner frame larger and sharper display and a more sensitive Surface pen

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