



Healthy Weight Loss Tips

for people with diabetes

Simplify meal planning with the Diabetes Plate Method.

It is the easiest way to create healthy meals that promotes maintenance of weight, blood glucose, and good nutrition. Simply fill half your plate with non-starchy vegetables, a quarter with lean protein, and one quarter with carbohydrate foods like whole grains, starchy vegetables, or fruit.



Stick to whole foods.

Try to avoid processed foods as much as possible.



Sip smart.

Drink water instead of sugary beverages.



Move as much as you can.

Exercise of any kind speeds up the metabolism and accelerates weight loss.



Seek support.

Work with your doctor, registered dietitian, or a certified diabetes educator to create a healthy weight loss plan that's right for you.

If you or a family member has pre-diabetes or any type of diabetes, enroll in the Good Health Gateway Diabetes Care Rewards Program at no cost.

You will receive support in managing your diabetes care, and be able to earn \$0 copays on your covered diabetes medications and supplies.



Enroll Today!

800.643.8028 | Hablamos español.
GoodHealthGateway.com



The **Good Health Gateway** Diabetes Care Rewards Program is a voluntary and confidential service available to our health plan members.