



DIABETES MENU, DAY TWO

Breakfast:	<i>2 cups coffee, ½cup (1%) milk ¾cup wheat flake cereal, 1 banana, ½c milk</i>
Morning	<i>½cup tomato juice</i>
Snack:	<i>½plain toasted bagel</i>
Lunch:	<i>1 Peanut Butter & Raisin Sandwich on Whole Wheat Bread ½cup carrot & red bell pepper strips 1 Fuji Apple</i>
Afternoon	<i>¾cup vanilla yogurt</i>
Snack:	
Dinner:	<i>3-oz Grilled Snapper, Cajun-style Small Baked Potato with Yogurt & Scallions ¾cup Broccoli & Root Vegetable Sauté (choose parsnips, young turnips or carrots) Whole Wheat Dinner Roll Side Salad (1-cup Romaine, ½tomato)</i>
Dessert:	<i>Special Baked Custard</i>

Try to eat your food very slowly. Remember to drink plenty of water: 2 quarts a day...and get enough exercise: 30 minutes or more at least 4 days a week.

