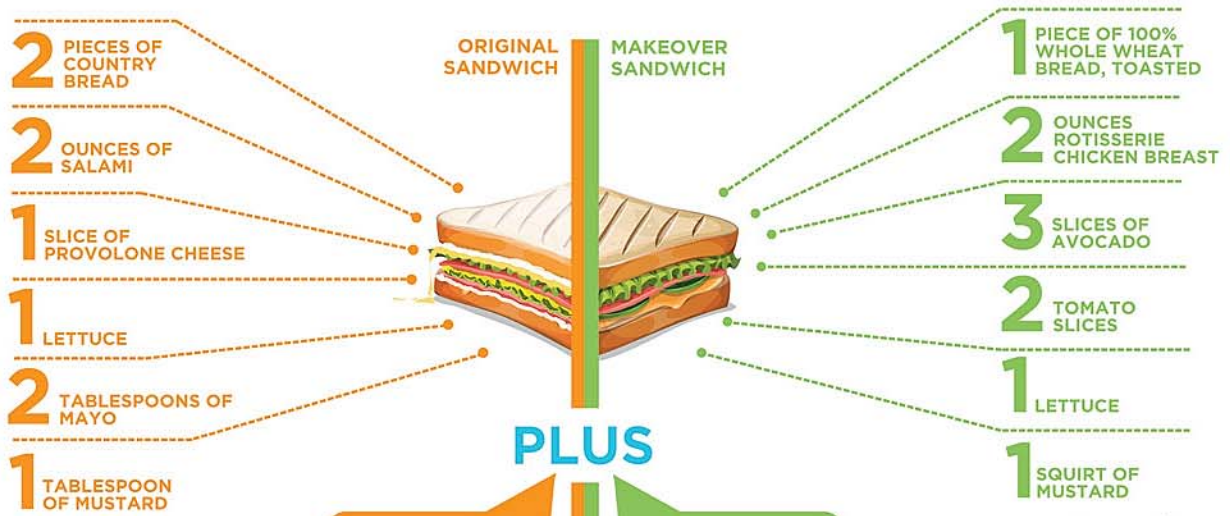


LUNCH MAKEOVER

HOW TO BUILD A BETTER SANDWICH

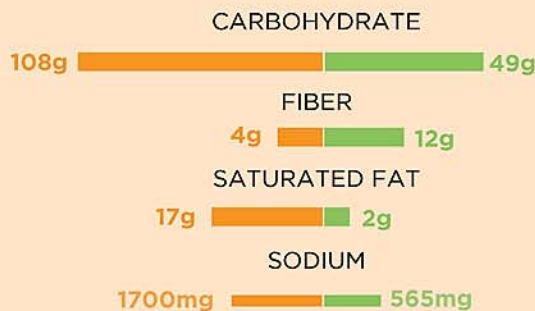


PLUS

- 1 OUNCE BAG OF POTATO CHIPS
- 2 SMALL CHOCOLATE CHIP COOKIES
- 12 OUNCE CAN OF REGULAR SODA

- 10 BABY CARROTS
- 2 TABLESPOONS OF HUMMUS
- 1 FRESH PEACH

WHAT'S THE DIFFERENCE?



- 3½ CARBOHYDRATE
- 3 STARCH
- 3 HIGH FAT PROTEIN
- 10 FAT

1040 — CALORIES — **390**

CHOICES/EXCHANGES

g = grams | mg = milligrams | 1g = 1000mg

- 1 FRUIT
- 2 LEAN PROTEIN
- 1 FAT
- 2 NONSTARCHY VEGETABLE
- ½ CARBOHYDRATE
- 1 STARCH

Learn more at wellnessliveshere.org

#HealthyLunchDay

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