

Keep Your Blood Sugar in Check While Enjoying Summer Cookouts



Use the Plate Method: Make 1/2 of your plate non-starchy veggies and 1/4 of your plate lean proteins



Pair carbs with a protein source.

Ex) Burger with a bun or fruit with cheese



Avoid pairing carbs and a sugar-sweetened beverage.



Try eating smaller, more frequent meals throughout the day.



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Use exercise as a tool to lower blood sugar levels: Taking a walk after dinner can make a big impact.



Stay hydrated by drinking sugar-free beverages.



Bring a “safe” (for you) dish to contribute: Fruit or vegetable trays are often overlooked in the menu planning process.



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Balance your health goals with social expectations:

Often our family and friends associate food with love, and it can be difficult to navigate this paradox of keeping blood sugar stable vs. potentially upsetting someone's feelings for not trying something.

A potential solution could be: "That looks great. I will try some a little later."