
Cooking for Diabetes Management

You may choose to use the VA's Healthy Teaching Kitchen video library to help manage your blood glucose (sugar) with the food you make at home.

Click on the links below or use the QR code.

To use a QR code:

1. Open your phone camera and point it at the black and white square.
2. Tap the link when it appears to take you to the video.

Budget-Friendly meals are marked by a (*)

Breakfast



[Egg Cups \(Less than 15g carb\)*](#)



[Peanut Butter Overnight Oats \(45g carb\)](#)



[Breakfast Burrito \(30g carb\)](#)

Lunch and Dinner



[Bunless Burgers \(Less than 15g carb\)](#)



[Pasta with Veggies \(30g carb\)](#)



[Mediterranean Salad \(45g carb\)](#)



[Pinto Bean Burritos \(60g carb\)*](#)

Snacks and Sides



[Warm Cinnamon Apples \(15g carb\)](#)



[Orange Bavarian Cream \(15g carb\)](#)



[Roasted Chickpeas \(15g carb\)*](#)



[Pesto Veggie Wrap \(15g carb\)](#)

Reducing Sodium

Reducing sodium (salt) that you eat is important when you have diabetes, it helps to keep your heart and kidneys healthy.



[Tips to Lower Your Sodium Intake](#)



[Low Sodium Cooking](#)

Increasing Fiber

Eating enough fiber helps to regulate blood glucose and keep your heart and bowels healthy.



[High Fiber Recipes](#)



[Tips to Increase Dietary Fiber](#)

Visit Our Websites:

[Diabetes Information](#)

[Healthy Teaching Kitchen Program](#)

[VHA Food Security Office](#)

