

Diabetes Nutrition Basics Video Library

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❑ Choosing Carbohydrates Wisely When You Have Diabetes



Watch this [video](#) to learn which carbohydrate choices you can make for best nutrition and better diabetes management.

❑ Managing Portion Sizes When You Have Diabetes



Watch this [video](#) to learn serving sizes of common foods, and tips to help you manage your weight, diabetes and your overall health.

❑ Preparing Foods in Healthful Ways When You Have Diabetes



Watch this [video](#) to learn some healthy cooking strategies that can help you manage your blood glucose levels and overall health.

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