



How to Plan a Healthy Diet With Diabetes

Location: _____ Date: _____

Gender (Circle one.) male female
 Race (Circle one.) Black American Indian or Alaskan Native
 White Asian or Pacific Islander
 Hispanic/Latino Multi-Racial

Please circle one rating for both before and after the meeting.

My Understanding	Before Meeting				After Meeting			
	Didn't Know	Knew a Little	Knew the Basics	Knew All About This	Don't Know	Know a Little	Know the Basics	Know All About This
Carbohydrates in foods	1	2	3	4	1	2	3	4
Diabetes Plate	1	2	3	4	1	2	3	4

During the course of this meeting, we talked about how to plan healthy meals using the Diabetes Plate. Which of the following do you expect to do?

Skill	Currently Doing This	Expect to Make This Change	Don't Intend to Do This
Use a 9-inch plate instead of a larger one			
Plan meals using the Diabetes Plate Method			

Have you changed your attitude about diabetes meal planning? Circle one: Yes No
 If yes, please specify:

What do you plan to do differently?