



## Diabetes and Diet

My Name: \_\_\_\_\_

When were you diagnosed with Diabetes? \_\_\_\_\_

Do you feel that you have a good understanding of what Diabetes is?

Yes/No

What are the risks of not following a diabetic diet/taking prescribed medication?

What was your eating pattern like before you came into CBU?  
(How many meals/snacks a day...what kinds of food did you eat?)

Foods that I should avoid:

Foods that are safe for me to eat:

Questions I would like to ask: