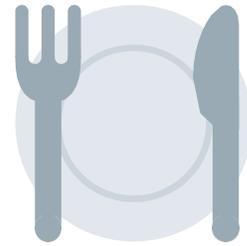


# SOS Home-Delivered Meals



## WHAT MAKES OUR MEALS A HEALTHY CHOICE?

### By the numbers--What's included in the meals:

**19 grams:** the minimum amount of protein included in each meal.

**700 milligrams:** the average amount of sodium in the meals.

**2 servings:** At least 2 servings of vegetables equivalent to 1 cup cooked

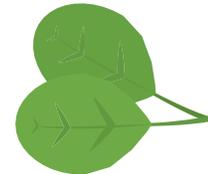
**1 serving:** At least 1 serving of fruit. This is one small piece of fruit or 1/2 cup diced fruit.

**25 mg:** The amount of daily vitamin C provided in each meal. Vitamin C is found in fruits and vegetables such as broccoli, oranges, spinach, brussels sprouts, cabbage, kiwi and strawberries.



**250 mcg:** The amount of vitamin A provided in the meals 2-3 times per week. Vitamin A is found in items such as, sweet potatoes, spinach, carrots, winter squash and greens.

**10 grams:** The average amount of fiber provided each day. Fiber is found in fruit, vegetables, and whole grains.



- All menus are developed by a Registered Dietitian and meet the dietary needs of low sodium and diabetic diets.
- Whole grains are provided an average of 5 days per week.
- USDA Dietary Guidelines are used in menu planning and development.
- Meals are produced and packaged at our kitchen in San Leandro by our incredible, dedicated staff.



EATING HEALTHY WITH

# Diabetes



More than 30 million Americans live with diabetes, both diagnosed and undiagnosed. Changing eating habits can be the most challenging aspect of diabetes self-management, but diabetes is manageable. Managing diabetes means maintaining healthy blood sugar levels. Along with proper medication and physical activity, this also requires balancing the foods you eat.

**Eat a variety of foods.** Choose foods from each food group every day, and don't be afraid to try new foods.

**Make half your plate fruits and vegetables.** Fruit contains fiber, vitamins and minerals and can satisfy your sweet tooth. Include more non-starchy vegetables including leafy greens, asparagus, carrots and broccoli each day. Also, choose whole fruit more often and juice less often.

**Choose healthy carbohydrates.** Increase the amount of fiber you consume by eating at least half of all grains as whole-grain foods each day. Brown rice, buckwheat, oatmeal, whole-wheat breads and cereals are good sources of fiber.

**Eat less fat.** Choose lean meats, poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products. Enjoy meatless meals by swapping out meat for lentils or tofu.

**Cut the salt.** Use less salt and more pepper, herbs and seasoning. Eating less salt helps control high blood pressure.

**Avoid skipping meals.** Skipping meals can make you more hungry, moody and unable to focus. Learn what works best for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy for you and stick with it.

**Focus on your food.** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think.

**Watch portions.** You don't need to cut out carbohydrate-rich foods but it is important to eat a balance of them spread evenly throughout the day. Read food labels and pay attention to portion sizes and carbohydrate content.

Source: <https://www.eatright.org/health/diseases-and-conditions/diabetes/eating-right-with-diabetes>