



## What is my next step?

- I will think about it.
- I will read about it.
- I will discuss it with my family.

**It's your choice.  
Think about it.**

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# Thinking about using a meal plan

Stage of change **Pre-contemplation**

1



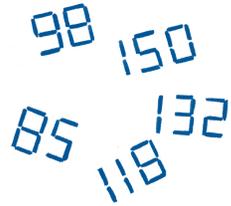
This pamphlet is for you if you have never followed a meal plan.



## But I am not ready to follow any meal plan.

People with diabetes often change their eating habits. Some use a meal plan to help them control their blood sugar levels. You may not be ready to follow a meal plan for many reasons. Check any that apply and/or add your own.

- I don't want to give up food I like.
- I don't want to make my family eat the way I have to eat.
- I don't have time to prepare food.
- I eat out a lot.
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## Why do others follow a meal plan?

A meal plan is a guide that helps people know when, what, and/or how much to eat.

- It helps people eat on a regular schedule.
- It helps people make healthy food choices.
- It helps people reduce their portion sizes.



## How would you like things to be different?

Check any that apply and/or add your own.

- I would like to feel better.
- I would like to have more energy.
- I would like to have better-controlled blood sugar levels.
- I would like to lose weight.
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