



Change your plate before banning rice

Name _____ Date _____

Your practical task

Record one meal and one drink each day for a week.

My usual grain portion and measuring katori

Affordable vegetables and protein options

One drink habit I will change

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. Millets can be eaten without portion limits. _____
2. Honey and jaggery can raise glucose. _____
3. Dal contains carbohydrate as well as protein. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.



Seven-day record

Record what you could do and any barriers.

Day	Grain portion	Vegetables/protein	Drink/hunger
1			
2			
3			
4			
5			
6			
7			

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. False; 2. True; 3. True

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [CDC Diabetes meal planning](#) · [NIDDK Healthy living with diabetes](#)