Thinking about using a meal plan

Stage of change Pre-contemplation

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

It's your choice. Think about it.

What is my next step?

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

Joan Thompson, PhD, MPH, RD, CDE
jthompson@laclinica.org

La Clínica de La Raza is a grantee of the Diabetes Initiative, Advancing Diabetes Self Management, a national program of the Robert Wood Johnson Foundation.

The enclosed material was prepared and assembled by Lumetra, California’s Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contract number HHSM-500-200-CA02. The contents do not necessarily reflect CMS policy. 8SOW-CA-1D2-06-22
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.
- I am not ready to follow any 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.

Why do others follow a meal plan?

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.