

# FOOD LISTS FOR DIABETES

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**For general information about diabetes, call the American Diabetes Association at 1-800-342-2383 or visit [www.diabetes.org](http://www.diabetes.org).**

**For a referral to a registered dietitian nutritionist (RD), visit the Academy of Nutrition and Dietetics website at [www.eatright.org](http://www.eatright.org).**

