



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Healthy Choices

Instructions: Your company, Healthy Choices, has been hired to examine a local restaurant's menu to determine how it offers nutritious options for diabetics. Select a local restaurant's menu and examine its dishes and how healthful they are for people with diabetes. Next, write a letter that proposes how the restaurant can better serve people with diabetes.

1. List menu items that are good choices for someone with diabetes:

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2. List the menu items that aren't good choices for someone with diabetes:

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3. List items that could be added to improve the menu for someone with diabetes:

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Health Problems Series  
**Diabetes**

Dear owner/manager of \_\_\_\_\_,