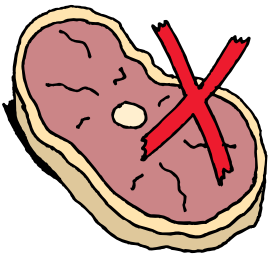


# EAT THIS, NOT THAT

Small changes in what you eat can help you control your blood sugar, lose weight, and feel better.

Below is a list of foods many of us eat. The “Eat this...” foods have less sugar, salt, bad fats, or cholesterol. Choosing more “Eat this...” foods when you shop and when you eat can help you control your diabetes.



## Instead of this

## Eat this

- |   |   |  |
|---|---|--|
| Eggs  | → | Egg whites   |
| White bread                                       | → | Wheat, whole-grain or multigrain bread   |
| Whole milk, 2% milk                               | → | Fat-free milk, 1% milk   |
| Butter, margarine, lard                           | → | Vegetable, canola, or olive oil; spray oils  |
| Cheese  | → | Low-fat or skim cheese   |
| Flour (or fried) tortillas                        | → | Corn or whole-wheat tortillas  |
| Refried beans                                     | → | Whole beans, natural beans   |
| Canned fruit in heavy/light syrup                 | → | Fresh, frozen, or canned fruit in its own juice  |
| Canned vegetables                                 | → | Fresh or frozen vegetables with no sauce   |
| Cookies, cake, chips, ice cream                   | → | Fresh fruit, graham or animal crackers, angel food or sponge cake with fruit, low-fat yogurt |
| Fast food (hamburgers, fries)                     | → | Salads at fast-food restaurants are often healthy, good-tasting choices                      |
| Soda and other drinks with sugar                  | → | Water, diet soda, seltzer  |
| Processed meats (hot dogs, Spam, bologna, salami) | → | Low-salt turkey, grilled chicken, low-fat (lean) meat, homemade tuna salad                   |

Read food labels when you shop. Look for foods low in sugar, salt, saturated fat (the bad fat), and cholesterol. And, always remember to watch your portion sizes when you eat.



Eating is a habit, and changing habits takes time. Start by changing one or two foods. Then change another food every week or so. Eating new foods and trying new ways of cooking can be fun. Enjoy!