

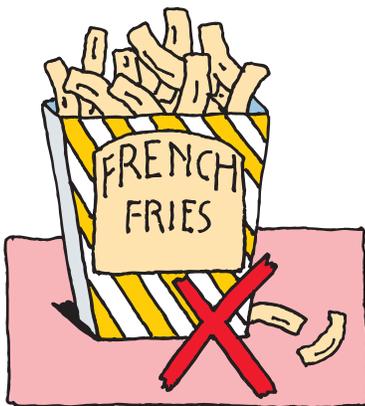
GOOD FATS

BAD FATS

Avoid...

Trans Fat

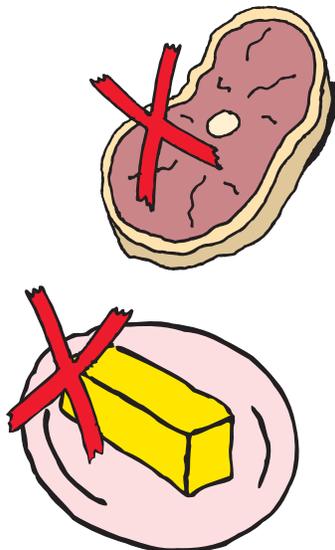
French Fries
Fresh Donuts
Vegetable shortening
Margarine
Deep-fried foods
Many fresh baked foods
(pies, cookies)
Some packaged snacks
and candy



Eat less...

Saturated Fat

Butter
Whole Milk
Cream
Red Meat
Dessert (cake, ice cream)
Animal skin (chicken, turkey)



Eat...

GOOD Fats

Oily fish (salmon, trout)
Olive oil
Nuts
Canola oil
Avocado
Soybean or Corn Oil



Always read the Nutrition Facts label on foods when you shop.

Your goal is not a fat-free diet, but a diet low in bad fats.

Eating healthy foods, everyday, is one of the best ways to control diabetes!