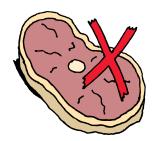
EAT THIS, NOT THAT

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

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 — Low-salt turkey, grilled chicken, low-fat (hot dogs, Spam, bologna, salami) (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!