

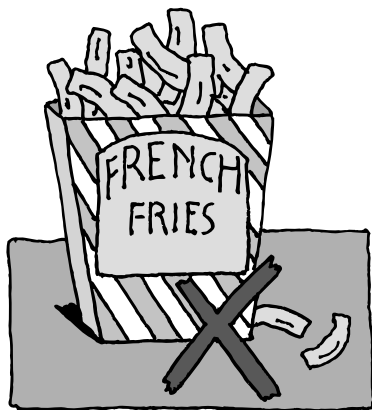
# GOOD FATS

# BAD FATS

## Avoid...

### Trans Fat

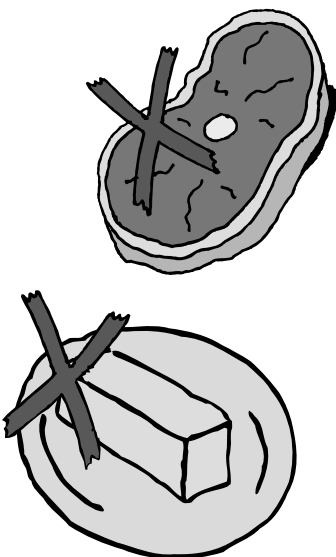
French Fries  
Fresh Donuts  
Vegetable shortening  
Margarine  
Deep-fried foods  
Many fresh baked foods  
(pies, cookies)  
Some packaged snacks  
and candy



## 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, every day, is one of the best ways to control diabetes!