



Vegetables

- Eat more vegetables! Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Choose dark green and deep yellow vegetables, such as kale, chard, mustard greens, spinach, broccoli, carrots, chilies, and peppers.
- Remember: Make your vegetables count!! Bake, Steam, or Broil rather than frying or serving with butter or other animal fats.
- Tip: Frozen vegetables are just as good for you, and they sometimes cost less money.

Fruits

- Choose whole fruits more often than juices. They have more fiber and are more filling.
- Choose fruits and fruit juices without added sweeteners or syrups.
- Remember: Fruits and fruit juices have sugar in them. Even though they are good for you, too many each day can make your blood sugar high.
- Tip: Try sticking to 1 or 2 servings of fruit a day. Think about a tennis ball or baseball. This is what one serving fruit looks like.

Meat and Others

- Choose fish and poultry (ex. chicken, turkey, tilapia, tuna) more often.
- Select LEAN cuts of beef, pork, veal, or wild game like sirloin, top round, pork loin, or 93% lean ground beef.
- Remember: Your body needs Protein (which is found in meats, eggs, peanut butter, cheese, turkey, chicken, fish, and tuna) to stay strong. Protein also helps keep your blood sugar lower. It is important to have some protein at every meal!
- Tip: Trim all visible fats from meat. Bake, Roast, broil, grill, or boil instead of frying or adding fats.



Milk

- Choose 1% Low fat or Nonfat (Skim) Milk and Yogurt.
- Remember: Yogurt can have lots of added sugar in it. Choose Light or Low-Calorie yogurt.



- These taste just as good, but will have less fat and less sugar.
- Tip: Choose single serving cups of yogurt. This will help you better watch your serving size and your blood sugar!

Grains/Beans/Starchy Vegetables

- Choose beans often, as they are a good source of fiber.
- Use whole-wheat or other whole-grain flours in cooking and baking
- Choose more often low fat breads (white wheat bread or whole wheat bread, English muffins, and pita bread, tortillas) in place of biscuits, sweet bread, and white bread. Use brown rice instead of white rice or pasta (try Barilla Plus pasta). They are more nutritious and high in fiber.
- For snacks, try pretzels or low-fat crackers, or a high fiber cereal.
- Remember: Your body needs Carbohydrates (breads, crackers, biscuits, pretzels) for energy, but too many can cause you to have high blood sugars. Limit the portion size for these as much as you can.
- Tip: When eating bread, pretzels, or crackers (carbohydrates), try adding some protein such as peanut butter, tuna, or a couple of small slices of cheese.

Sweets

- Eat sweets less. They cause high blood sugar!
- Choose sweets less often because they are high in fat and sugar.
- Remember: When you do eat sweets, make them a part of your healthy diet. What food item will you need to give up each day to make room for your sweet tooth?

Fats

- Avoid frying food! Bake, Broil, or Grill your foods instead.
- Eat Less Saturated Fat and Trans fat (partially hydrogenated oils)
- When cooking, try to use olive oil or a cooking spray.
- Remember: Saturated Fat is found in meat and animal products = hamburger, cheese, whole milk, bacon, and butter. It is also found in most baked goods such as biscuits, cakes, cookies, crackers, and sweet bread.
- Remember: Trans fat is found in fried restaurant foods as well as packaged baked items such as cakes, cookies and crackers. Look for “partially hydrogenated oil” in the ingredients list and eat as little as possible of foods that contain these.
- Tip: Saturated Fat is usually SOLID at room temperature (think: bacon grease, butter, lard, cheese).

