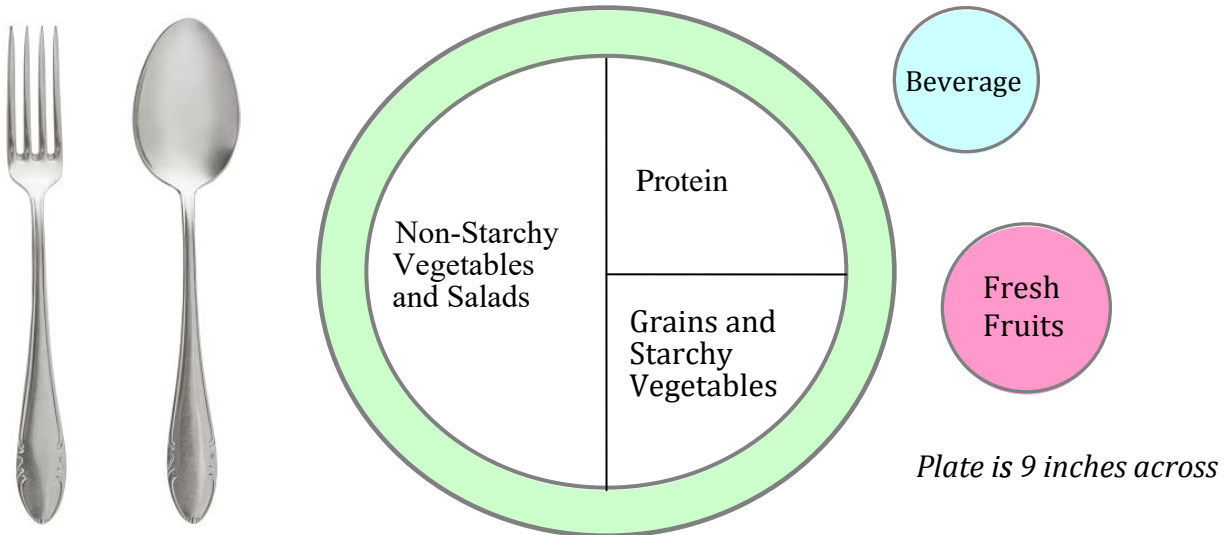


# Diabetes: A Start to Healthy Eating

Use this guide in addition to working with a dietitian



**KEY:** These foods are healthy options and should be eaten often. They're low in fat and contain little added sugar. They also have fiber and whole grains.



**KEY:** These foods can be eaten once in a while. They contain some fat, are lower in fiber, and may have some added sugar.



**KEY:** These foods are **not** as healthy. They may be high in fat, or contain refined grains, or a lot of added sugar.

In small amounts, these oils are healthy choices for cooking and dressing salads

- ✓ Olive Oil
- ✓ Canola Oil
- ✓ Vegetable Oil
- ✓ Corn Oil
- ✓ Sesame Oil
- ✓ Peanut Oil

# Non-Starchy Vegetables and Salads

Vegetables are excellent sources of vitamins and nutrients. However, fries and other fried vegetables don't have a high nutritional value. Choose fresh or steamed vegetables instead.



Asparagus



Cauliflower



Cabbage



Green Beans and Wax Beans



Broccoli



Beets



Snap Peas



Rutabaga



Tomatoes



Peppers



Brussel Sprouts



Carrots



Celery



Cucumbers



Onions



Mushrooms



Eggplant



Lettuce



Radishes



Coleslaw



Broccoli with Cheese Sauce



Fried Onion Rings



Tempura Vegetables

# Carbohydrates: Grains and Starchy Vegetables

Choose high fiber, whole grain, and whole wheat breads and pastas instead of white breads and pastas whenever possible. Brown rice is healthier than white rice. Sweetened breads or pastries are not healthy and should only be eaten occasionally.



**Whole Grain Bread** **Whole Wheat Pasta**

**Brown Rice** **Wild Rice**

**Old Fashioned and Steel Cut Oats** **Barley**

**Quinoa** **Artichoke**

**Sweet Potatoes and Yams** **Potatoes**

**Corn** **Squash** **Pumpkin**

**Pumpernickel Bread**

**Multigrain Bread**

**Oat Bread**

**Quick Oats**

**Corn Chips**

**Granola Bars**

**White Bread** **Wheat Chips**

**Flavored Instant Oats** **Bagel**

**Tortillas and Wraps** **Fries**

**Corn Bread, Pastries, Muffins and Pancakes** **White Rice**

**White Pasta, Instant Noodles, and Mac & Cheese**

**Pumpkin Pie Filling** **Cous Cous**

# Carbohydrates: Fruit

Most fruits and berries are healthy options. Eat up to three small servings per day, but avoid canned fruits in syrup as well as fruit juices and dried fruits.



**Grapefruit**



**Pineapple**



**Orange**



**Apple**



**Peach**



**Berries and Cherries**



**Plum**



**Pear**



**Kiwi**



**Grapes**



**Cantaloupe**



**Honey Dew**



**Watermelon**



**Mango**



**Papaya**



**Banana (small)**



**Coconut**



**Canned Fruit in Syrup**



**Dried Fruit**



**Fruit Juices**

# Protein

Choose lean proteins. Remember that barbeque, cranberry, and teriyaki sauces all contain carbohydrates. Keep protein portions no larger than the size of a deck of cards!




**Low-Fat or Fat-Free Cheeses**



**Fat-Free or 1% Cottage Cheese**



**Fish & Sea Food**



**Eggs**



**Nuts & Seeds**



**Skinless Chicken & other Lean Meats**



**No Sugar Added Peanut Butter**



**Tofu**


**Protein and Carbohydrates**




**Beans**




**Fat-Free Greek Plain or Vanilla Yogurt**




**Beef, Lamb and Pork**



**Ham**



**Turkey Bacon**




**Peanut Butter with Added Sugar or Corn Syrup**


**Protein and Carbs**




**Low-Fat Greek Plain or Vanilla Yogurt**




**Regular Cheeses**




**Fried Chicken**




**Sausage**



**Regular Bacon**



**Cheeseburger**



**Pizza**

**Protein and Carbs**



**Regular Greek Plain or Vanilla Yogurt**

# Beverages

Choose low-sugar or sugar free drinks whenever possible. Avoid fruit juices such as orange juice, apple juice, cranberry juice or boxed juices. Milk and all fruit juices, even 100% juice contain carbohydrates.



**Water**      **Tomato Juice**

**Tea Without Milk or Sugar**

**Black Coffee**

## Drinks with Carbs

**8 oz. Glass of Skim Milk**

**8 oz. Plain, Soy or Almond Milk**

**Diet Soda**

**Sugar-Free Sports Drinks**

**Sugar-Free Energy Drinks**

## Drinks with Carbs

**8 oz. Glass of 1% Milk**

**8oz. Chocolate or Vanilla Soy or Almond Milk**

### Drinks with Carbs

**Soda**

**Fruit Juice**

**Sports Drinks**

**Iced Tea or Lemonade with Added Sugar**

**Energy Drinks**

**Beer**

**8 oz. Glass of 2% or Whole Milk**

**Chocolate Milk**

**Coffee or Tea with Milk and Sugar**