

# Healthy eating can help BEAT diabetes

Taking even one of these steps  
can make a real difference.

 If You...	 Instead You Can...
 Eat too much	 <b>Eat smaller servings – bigger is not better!</b> Always check food labels. One package often contains more than one serving — that means extra calories if you eat the whole thing!
 Drink soda and other sugary drinks	 <b>Drink water or try diet drinks, seltzer, or 1% milk.</b>
 Eat too few fruits and vegetables	 <b>Have a fruit or a vegetable at each meal.</b> They make great snacks, too. Try a new fruit or vegetable each time you shop. Fresh is best, but frozen is okay, too.
 Have a fast food habit	 <b>Eat less fast food – no more than once a week.</b> Avoid large and “super-size” portions and choose healthier items, such as salads with low-fat dressing.
 Eat out a lot	 <b>Prepare more meals at home.</b> Cooking together can be fun. When you do eat out, share an order or set aside half to take home.
 Snack on junk food (such as chips, candy, and cookies)	 <b>Try healthier snacks:</b> Pretzels, low-fat popcorn, baby carrots, celery sticks, grapes, apple slices, strawberries, dried fruit, or low-fat frozen yogurt.
 Eat high-fat dairy products (such as whole milk and ice cream)	 <b>Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt.</b> It tastes just as good, without all the fat and calories.
 Usually buy red meat	 <b>Try fish, chicken, or turkey.</b> Broil, grill, or steam instead of frying.
 Eat unhealthy fats and oils (such as lard, shortening, butter, and margarine)	 <b>Switch to healthier oils like olive and canola. Look for oils, spreads, and foods with labels that say, “0 grams trans fat.”</b>
 Often skip breakfast	 <b>Plan a healthy breakfast every day.</b> Try cereal with fruit and 1% milk, oatmeal with raisins, whole wheat toast with peanut butter and a banana, egg white omelets with vegetables and low-fat cheese, or yogurt with fruit and low-fat granola.