

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	 Eat smaller servings – bigger is not better! 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	 Drink water or try diet drinks, seltzer, or 1% milk.
 Eat too few fruits and vegetables	 Have a fruit or a vegetable at each meal. 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	 Eat less fast food – no more than once a week. Avoid large and “super-size” portions and choose healthier items, such as salads with low-fat dressing.
 Eat out a lot	 Prepare more meals at home. 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)	 Try healthier snacks: 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)	 Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt. It tastes just as good, without all the fat and calories.
 Usually buy red meat	 Try fish, chicken, or turkey. Broil, grill, or steam instead of frying.
 Eat unhealthy fats and oils (such as lard, shortening, butter, and margarine)	 Switch to healthier oils like olive and canola. Look for oils, spreads, and foods with labels that say, “0 grams trans fat.”
 Often skip breakfast	 Plan a healthy breakfast every day. 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.