

Healthier Choices

Choose

Try

Vegetables	Nonstarchy vegetables including spinach, carrots, broccoli, tomatoes, green beans, asparagus, cabbage, celery, peppers. (The more variety of color, the better)
Fruits	Apples, strawberries, peaches, watermelon, cantaloupe, kiwi, blueberries, peaches, oranges, pears. (Choose canned fruits in juice or light syrup)
Whole grains	Brown rice, whole wheat bread, whole wheat pasta, popcorn, whole rye, wild rice, quinoa
Lean meats	Lamb chop, leg, or roast; organ meats (heart, kidney, liver); veal loin chop or roast; ham, Canadian bacon; beef jerky. Choose cuts of meat ending in "loin" (such as sirloin, pork loin). Remove skin from chicken and turkey
Fish and seafood	Fish (2-3 times a week): catfish, cod, flounder, haddock, halibut, herring, orange roughy, salmon, tilapia, trout, tuna, sardines, clams, crab, lobster, scallops, shrimp, oysters
Dried beans, legumes, peas and lentils	Black, lima or pinto beans; lentils; black-eyed or split peas; fat-free refried beans; vegetarian baked beans; soy-based "meat" products
Nonfat dairy	Fat-free or low-fat (1%) milk, unflavored soy milk, plain nonfat yogurt, nonfat light yogurt without added sugar, nonfat cheese
Healthy fats	Olive oil and olives, canola oil, peanut butter and peanut oil, nuts (almonds, cashews, pecans, peanuts in small portions)
Low-calorie snacks	Less than 5 grams of carbohydrates—15 almonds, 5 baby carrots, 3 celery sticks with 1 tablespoon peanut butter, 1 piece string cheese, ½ cup sugar-free gelatin 10 to 20 grams of carbohydrates—1 small apple or orange, 3 cups light popcorn, ¼ cup cottage cheese and ½ cup fruit, 2 rice cakes with 1 tablespoon peanut butter
Zero-calorie or low-calorie drinks	Water, unsweetened tea, coffee, diet soda, drink mixes, juice (100% juice with no sugar added), low-sodium vegetable juice

For more information about making healthier food choices, check out the American Diabetes Association's My Food Advisor tool at <http://tracker.diabetes.org>.

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