EAT THIS, NOT THAT

Small changes in what you eat can help you control your blood sugar, lose weight, and feel better.

Below is a list of foods many of us eat. The "Eat this..." foods have less sugar, salt, bad fats, or cholesterol. Choosing more "Eat this..." foods when you shop and when you eat can help you control your diabetes.



	Instead of this		Eat this
	Eggs	\longrightarrow	Egg whites
	White bread	\longrightarrow	Wheat, whole-grain or multigrain bread
	Whole milk, 2% milk	\longrightarrow	Fat-free milk, 1% milk
	Butter, margarine, lard	\longrightarrow	Vegetable, canola, or olive oil; spray oils
	Cheese	\longrightarrow	Low-fat or skim cheese
	Flour (or fried) tortillas	\longrightarrow	Corn or whole-wheat tortillas
Refried beans		\longrightarrow	Whole beans, natural beans
Canned fruit in heavy/light syrup			Fresh, frozen, or canned fruit in its own juice
Canned vegetables		\longrightarrow	Fresh or frozen vegetables with no sauce
Cookies, cake, chips, ice cream			Fresh fruit, graham or animal crackers, angel food or sponge cake with fruit, low-fat yogurt
Fast food (hamburgers, fries)			Salads at fast-food restaurants are often healthy, good-tasting choices
Soda and other drinks with sugar		\longrightarrow	Water, diet soda, seltzer
Processed meats (hot dogs, Spam, bologna, salami)			Low-salt turkey, grilled chicken, low-fat (lean) meat, homemade tuna salad

Read food labels when you shop. Look for foods low in sugar, salt, saturated fat (the bad fat), and cholesterol. And, always remember to watch your portion sizes when you eat.



Eating is a habit, and changing habits takes time. Start by changing one or two foods. Then change another food every week or so. Eating new foods and trying new ways of cooking can be fun. Enjoy!



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