



GRAINS, BEANS, STARCHY VEGETABLES

- Choose whole grain foods more often. They provide fiber, vitamins, and minerals.
- Stock your pantry with brown rice, whole grain breads, whole wheat pasta, high-fiber cereals, and low-fat whole grain crackers. Other options include corn, peas, potatoes (not fried), corn tortillas, beans (kidney beans, garbanzo beans, black beans), whole wheat cous cous, and plain popcorn (without butter).

PROTEIN (MEAT AND MEAT ALTERNATIVES)

- Choose low-fat or lean meat and skinless poultry. Bake, broil, or grill it.
- Have fish or seafood at least twice a week.
- Meat and meat substitutes (tofu or soy-based) are good sources of protein and contain vitamins and minerals.

VEGETABLES

- Vegetables are filled with vitamins, minerals, and fiber.
- Most vegetables are naturally low in fat and carbohydrate, and good choices to include in meals.
- Eat vegetables at meals and snacks regularly. Both fresh and frozen are good choices. String beans, broccoli, peppers, cauliflower, jicama, and snow peas are just a few of many options. When choosing canned vegetables, look for varieties that have no added salt.

FAT

- When cooking with fats or adding them to food, use lightly and choose wisely; Good choices are olive oil, canola oil, and nut oils.
- Nuts are high in heart-healthy fats; make sure to have small portions to control calories.
- Limit foods that contain saturated and trans fats. Avoid butter, hydrogenated oils, shortening, and lard as much as possible. Limit the foods that contain these ingredients, such as baked goods, pastries, candy, and ice cream.
- Some fish are high in heart-healthy omega-3 fats.

FRUITS

- Fruits that are fresh, frozen, or canned in their own juice are good choices. For dried fruits, 2 tablespoons of dried cranberries or raisins equals one serving.
- Keep fruit handy. Aim for 2 to 4 small portions a day. Options include apples, oranges, bananas (half a banana equals one serving), berries, and peaches.

SUGAR & SWEETS

- Choose foods and beverages low in added sugars. Added sugars contribute to calories with few, if any, nutritional benefits.
- Drink water, unsweetened, or artificially sweetened (or zero calorie) beverages instead of regular soda. Aim for sweets that provide no more than 150 calories, 25 grams of carbohydrates, and 2 grams of saturated fats.

MILK & YOGURT

- Choose nonfat (skim) or low-fat (1%) milk
- Light or plain yogurt is a good alternative
- Vitamin D and calcium-fortified soy milk is another good choice.

ALCOHOL

- If you choose to drink alcohol, do so in moderation. If you take diabetes medications or insulin, make sure to have some food—either a meal or a snack—when you are drinking alcohol. Moderate drinking means up to 1 drink per day for women and up to 2 drinks per day for men. One drink is 12 oz. of regular beer, 5 oz. of wine, or 1.5 oz. of 80-proof hard liquor. Remember that alcoholic beverages have calories and are low in nutritional value.