**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

- White bread
- Whole milk, 2% milk
- Butter, margarine, lard
- Flour or fried tortillas
- Refined beans
- Canned fruit in heavy syrup
- Spaghetti sauce
- Cooked meats (hamburger patty, chicken breast, fish filet, pork loaf)
- Mashed potatoes
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise

### Eat this

- Egg whites
- Fat-free milk, 1% milk
- Vegetable, canola, or olive oil
- Cheese
- Corn or whey-based tortillas
- Whole beans, natural beans
- Fresh, frozen, or canned fruit in its own juice
- Fresh or frozen vegetables with no sauce
- Fresh fruit, Graham or animal crackers, angel food or sponge cake with fruit
- Low-fat yogurt

**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.**

### Serving Size

This tells you how much of a food you are eating, or your portion size, is to use measuring cups, spoons, or a scale. Sometimes, such as when you eat out, you can’t do this.

Here are a number of ways you can use your hands to help you find out about how much you are eating.* The portion sizes in each food group are an adult woman’s hand as a guide.

### Calories

**Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be able to think and be active.**

**% Daily Value**

This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

### Cholesterol

Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

### Sodium

Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

### Protein

This nutrient is used to build muscle and fight infections.

---

**NUTRITION FACTS LABEL**

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons, or a scale. Sometimes, such as when you eat out, you can’t do this.

Here are a number of ways you can use your hands to help you find out about how much you are eating.* The portion sizes in each food group are an adult woman’s hand as a guide.

### Serving Size

This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

### Calories

**Calories from Fat**

This is the number of calories that come from fat. It is not the percent of fat in the food. The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons, or a scale. Sometimes, such as when you eat out, you can’t do this.

Here are a number of ways you can use your hands to help you find out about how much you are eating.* The portion sizes in each food group are an adult woman’s hand as a guide.

### Cholesterol

Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

### Sodium

Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

### Protein

This nutrient is used to build muscle and fight infections.

---

**GOOD FATS BAD FATS**

Avoid... Trans Fat
- French Fries
- Vegetable shortening
- Margarine
- Deepfried foods
- Many fast food foods (pasta, fried)
- Some packaged snacks and candy

Eat less... Saturated Fat
- Butter
- Whole Milk
- Cheese
- Beef Fat
- Dessert (pies, ice cream)
- Animal skin (photos, turnovers)

Eat... GOOD Fats
- Olive Oil (olive tree)
- Olive oil
- Nuts
- Canola oil
- Avocado
- Soy or Canola Oil

**Check serving size**

**Check total carbohydrate**

(Sugars are part of total carbohydrate. Don't count twice.)

**Check**

- Fat
- Calories
- Sodium

**Low fat**

- is good

(3g or less)

**Total Carbohydrate**

Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

**Fiber:** Helps with digestion and keeps you full between meals.

**Sugars:** Give you instant energy, but eating too much added sugar can be unhealthy.