

Fats:
 A serving of fat can be:
 1/8 avocado
 1 Tbsp. cream cheese or salad dressing
 1 tsp. butter, margarine, oil, or mayonnaise
 10 peanuts



Fats

- Eat less fat.
- Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.
- Saturated fat is usually solid at room temperature.

Sweets:
 A serving of sweets can be:
 1/2 cup ice cream
 1 small cupcake or muffin
 2 small cookies



- Choose sweets less often because they are high in fat and sugar.
- When you do eat sweets, make them part of your healthy diet. Don't eat them as extras.

Alcohol:

- If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health professional about a safe amount for you.

Carbs

↑ Blood Sugar



Milk
 (2-3 servings)
 A serving can be:
 1 cup milk
 1 cup yogurt

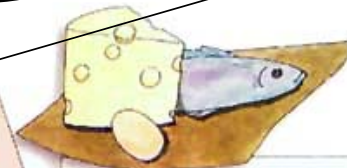
- Choose low-fat or nonfat milk or yogurt.
- Yogurt has natural sugar in it. It can also have added sugar or artificial sweeteners. Yogurt with artificial sweeteners has fewer calories than yogurt with added sugar.

Proteins

Loin or Round Cuts

Meat & Others
 (2-3 servings)

A serving can be:
 2 to 3 oz. cooked lean meat, poultry, or fish
 1/2 to 3/4 cup tuna or cottage cheese
 2 to 3 oz. cheese
 1 egg*
 2 Tbsp. peanut butter*
 4 oz. tofu*



- Choose fish and poultry more often. Remove the skin from chicken and turkey.
- Select lean cuts of beef, veal, pork, or wild game.
- Trim all visible fat from meat.
- Bake, roast, broil, grill, or boil instead of frying or adding fat.

Ice Cream 1/2 cup

Nuts 1/3 cup

*equivalent to 1 oz. of meat

Carbs



Vegetables
 (3-5 servings)

A serving can be:
 1 cup raw vegetables
 1/2 cup cooked vegetables
 1/2 cup tomato or vegetable juice

- Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Choose more dark green and deep yellow vegetables, such as spinach, broccoli, romaine, carrots, chilies, and peppers.

Proteins



Fruits
 (2-4 servings)

A serving can be:
 1 small fresh fruit
 1/2 cup canned fruit
 1/4 cup dried fruit
 1/2 cup fruit juice



↑ Blood Sugar

- Choose whole fruits more often than juices. They have more fiber.
- Choose fruits and fruit juices without added sweeteners or syrups.
- Choose citrus fruit such as oranges, grapefruit, or tangerines.

Carbs

Grains, Beans, & Starchy Vegetables
 (6 or more servings)

& Sweets (Limit)

↑ Blood Sugar

A serving can be:
 1 slice bread
 1/2 small bagel, English muffin, or pita bread
 1/2 hamburger or hot dog bun
 1 6-inch tortilla
 4 to 6 crackers
 1/2 cup cooked cereal, pasta, or bulgur
 1/3 cup cooked rice
 3/4 cup dry cereal
 1/2 cup cooked beans, lentils, peas, or corn
 1 small potato
 1 cup winter squash
 1/2 cup sweet potato or yam



- Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, brown rice, or bulgur. They're nutritious and high in fiber.
- Choose beans as a good source of fiber.
- Use whole-wheat or other whole-grain flours in cooking and baking.
- Eat more low-fat breads such as bagels, tortillas, English muffins, and pita bread.
- For snacks, try pretzels or low-fat crackers.

