



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 (such as kidney, garbanzo, and black beans), whole-wheat couscous, and plain popcorn (without butter).

VEGETABLES

- Vegetables are filled with vitamins, minerals, and fiber.
- Most vegetables are naturally low in fat and carbohydrates, and good choices to include in meals.
- Eat vegetables at meals and snacks regularly, such as string beans, broccoli, peppers, cauliflower, jicama, and snow peas. Both fresh and frozen are good choices. Choose canned vegetables that have no added salt.

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.

MILK & YOGURT

- Choose nonfat (skim) or low-fat (1%) milk.
- Fortified plant milks such as soy or almond milk are other good choices.
- Light or plain yogurt is a good alternative.
- Vitamin D and calcium-fortified soy milk is another good choice.

PROTEIN (MEAT & PLANT PROTEIN)

- Choose low-fat or lean meat and skinless poultry. Bake, broil, or grill it.
- Have fish or seafood at least twice a week. Some fish, such as salmon, sardines, and herring, are high in heart-healthy omega-3 fats.
- Meat and meat substitutes (tofu or soy-based) are good sources of protein and contain vitamins and minerals.
- Nuts are high in heart-healthy fats; make sure to have small portions to control calories.

FAT

- When cooking with fats or adding them to food, use lightly and choose wisely, such as olive oil, canola oil, and nut oils.
- 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.

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.

ALCOHOL

- If you drink alcohol, do so in moderation.
- If you take diabetes medications or insulin, be sure to have food—either a meal or a snack—when you are drinking alcohol.
- Moderate drinking: Women = up to 1 drink/day; men = up to 2 drinks/day. One drink is 12 oz. of regular beer, 5 oz. of wine, or 1.5 oz. of 80-proof hard liquor. Alcohol has calories and low nutritional value.