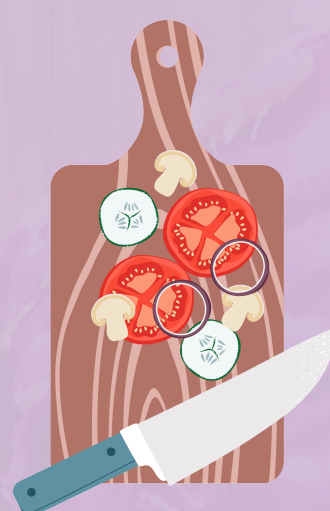


Healthy Swaps For Eating On A Diabetic Diet



Maintaining a healthier diet is of vital importance for diabetics. **By adopting better eating habits, you can expect to effectively manage your glucose levels and reduce the risk of complications associated with diabetes.** Incorporating portion control and mindful eating practices can help regulate insulin levels and facilitate better digestion, enabling a more stable and consistent energy level throughout the day.

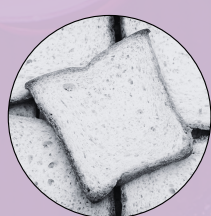


- ✗ **Instead of processed and pre-packaged foods**
- ✓ **Eat homemade meals**

Processed prepared, and pre-packaged food is often full of sodium, added sugars and fat and the quality is usually inferior to food that you make.



Opt for home-cooked meals over food that are processed and packaged. Homemade dishes are healthier, lower in sodium, and have less added sugars, and fats, compared to store-bought alternatives.



- ✗ **Instead of of white breads, refined pasta, rice, and crackers**
- ✓ **Eat whole grain foods, such as oatmeal, brown rice, and whole wheat bread.**

Refined grains, like white flour, lack the bran and germ, which are the most nutritious components of grains. The bran provides essential fiber, while the germ contains valuable vitamins.



- ✗ **Instead of cookies, candy, and chips**
- ✓ **Eat snacks that combine healthy carbohydrates with protein for a more nourishing choice**

While cookies, candies, and chips may be enticing and readily available, they offer empty calories and unnecessary carbohydrates.



- ✗ **Instead of fried foods**
- ✓ **Eat items that have been sautéed, broiled, grilled, or baked**

Fried foods are exceptionally rich in both calories and fats. Whether you're preparing a meal at home or dining out, opt for items that have been sautéed, broiled, grilled, or baked to ensure you're keeping your fat and calorie intake in check.



- ✗ **Instead of highly processed meats**
- ✓ **Eat lean protein sources**

Processed meats, including sausages, deli meats, and bacon, often contain excessive sodium and can be high in saturated fat. Choose leaner protein sources such as trimmed cuts of meat, skinless poultry, and fish as healthier alternatives.



- ✗ **Instead of canned foods with added sodium and sugar**
- ✓ **Eat fresh or frozen fruits and vegetables**

When purchasing processed foods like canned beans or fruit, opt for products labeled 'no added salt' or (in the case of canned fruit) 'canned in fruit juice.' For an even healthier choice, consider buying fresh or frozen fruits and vegetables to avoid any excess sodium or added sugars.

