



**NOVEMBER 2007
NATIONAL DIABETES MONTH**

Making Healthy Choices

Just about every time you eat a meal, it's up to you to decide what you'll eat and how much. By eating a variety of nutritious foods, you can avoid getting bored and help keep your blood sugar better controlled.

Like anyone, you'll want to limit:

- Sugar. Added sugar has no nutritional value, and artificial sweeteners can taste just as good.
- Salt. This is especially important if you have high blood pressure.
- High-fat and high-cholesterol foods. These cause weight gain and can contribute to heart disease.
- Fast foods and processed foods. Generally speaking, they're tremendously high in fat, sugar, and salt.

Friendlier Meal-Plan Choices

When given options, try to take the healthier route:

Foods to eat in Moderation:

Fried Foods
Higher-fat cuts of red meat
Cold cuts
High-fat casseroles
Croissants, biscuits, and sweet or stuffed breads
Creamy salad dressings
Sour cream, sauces, and gravy
Appetizer dips
Cream-based soups
Sugary drinks, juices and alcohol
Cakes, candy, and sweets
Added sugar

Foods to Choose More Often:

Broiled, grilled, or baked foods
Poultry, fish, loin, or sirloin cuts of red meat
Lean turkey breast or ham
Simply prepared potatoes and vegetables
Whole-grain breads
A splash of lemon or lime juice, flavored vinegar, and low-calorie salad dressing
Sauces made from low-fat chicken broth, spices, and herbs
Salsa
Clear soup or consommé
Diet drinks, unsweetened iced tea, sparkling water without added sugar, or water
Fresh fruit or low-fat yogurt
Artificial sweeteners (that don't contain sugar alcohols, which can be high in carbohydrates)