

# Eating Healthier with Diabetes

Healthy choices can be affordable choices

How can I enjoy fruit and control my blood sugar?

## Fruits

Try fresh fruits, canned fruits in their own juice, and plain frozen fruit for a treat



## Vegetables

What vegetables can my family afford?

Try fresh in-season vegetables, plain frozen, and canned

## Grains

What is a serving?

Try smaller portions. One package could be many servings



## Proteins

Meat can be expensive. What other protein can I eat?

Try nuts, beans, canned fish, and eggs

## Dairy

What kind of dairy is a healthy choice?

Try skim and 1% milk and non-fat yogurt



Whole



1%

