

Food for Health

Nutrition is an important part of your treatment plan

Use this sheet to help you follow your doctor's guidance for a healthful eating plan. Read the nutrition labels on all your food products to learn more about what you're putting in your body.

What are **Low-Carb** Foods?

Carbohydrates (or carbs) include fruits, sweets and starches.

The good news is that you don't have to cut them out. Eating the right portion is important.

AIM for 15 grams or less of carbohydrates per serving, and 45-60 grams or less per meal.



Tomatoes
Onions
Carrots
Mushrooms
Tea and Coffee
Yogurt
Cottage cheese
Green, leafy vegetables
Green, yellow, red peppers
Eggs
Tofu
Fish
Chicken
Lean cuts of meat
Peanut butter

What are **Low-Fat** Foods?

Go for foods that are reduced or low-fat: these will have at least 25% less fat per serving as compared to the traditional version of the food item.



Olive Oil
Avocado

These are Fats - but they have good cholesterol and are heart-healthy!

Fruits
Vegetables
Walnuts
Flaxseeds
Salmon
Trout
Tuna

Whole wheat bread
Oatmeal

Grains
Pasta
Rice

These are Carbs - be sure to watch your portion sizes!

Healthful Eating

Just what the Doctor Ordered!

What are *High-Fiber* Foods?

The best sources of fiber have: **5 grams of fiber or more per serving.**

Food that is a good source of fiber has 2.5 to 4.9 grams of fiber per serving.



Prunes
Dates
Beans
Oatmeal
Avocados
Raspberries
Figs (dried)
Apricots (dried)
Coconut (dried)
Fortified cereals
Bran cereals
Toasted wheat germ

What are *Low-Sodium* Foods?

Look for foods with less than **140 milligrams of sodium per serving**—that's about 1/16 of a teaspoon.

Careful! "No salt added" means no salt added during processing; it does not necessarily mean sodium free!



Milk
Eggs
Sherbert
Pastas
Rice
Fresh fish
Fresh poultry
Tabasco
Vinegar
Nuts (unsalted)
Peanut Butter
Tuna (low sodium)
Fresh fruit
Fresh vegetables
Sour cream

Frozen fruit (no sauce)
Frozen vegetables (no sauce)
Whole grain breads
Horseradish, mustard
Cream (half&half, whipping)
Non-dairy creamer
Spices
Herbs
Cream cheese
Low-salt Cheeses (monterey, mozzarella, ricotta)
Low-salt Crackers (graham, melba toast)
Popcorn (unsalted)

For more information
Visit www.southsidediabetes.org
Or call (773) 702-2939



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