



Foods to Choose

Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:



Grains and starchy foods:

- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:



Sources: CDC, ADA



Foods to Choose

Protein foods:

- Eggs (but limit yolks)
- Fish and seafood (catfish, cod, shrimp)
- Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- Nuts (limit because high in fat)
- Your favorites:



Dairy foods:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain nonfat or low-fat yogurt
- Skim or low-fat milk
- Your favorites:



Sources: CDC, ADA



Foods to Choose

Fruit:

- Apples
- Apricots
- Blueberries
- Dates
- Grapefruit
- Grapes
- Oranges
- Strawberries
- Your favorites:



Drinks:

- Coffee without sugar
- Sparkling water
- Tea without sugar
- Water
- Your favorites:



Sources: CDC, ADA

Foods to Limit

Sweet foods:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Molasses
- Processed snack foods
- Sugar
- Other examples:



Fatty foods:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat cheese
- Lard
- Shortening
- Whole milk
- Other examples:



Sources: CDC, ADA