



# DIABETES

*Consider choosing these foods most often:*

**Milk** (fat free 1%), **Yogurt** (low-fat), **Cheese** (low fat, low-sodium)



**Plant-based proteins** (beans, nuts, seeds, tofu),  
**Fish, Chicken/Poultry** (breast meat) **Eggs**



**ALL fresh or frozen vegetables; Canned vegetables** (low sodium or no salt added)



**Fresh Fruit, Plain Frozen Fruit, Canned Fruit** (no added sugar), **Jam/Preserves** (sugar-free or low-sugar)



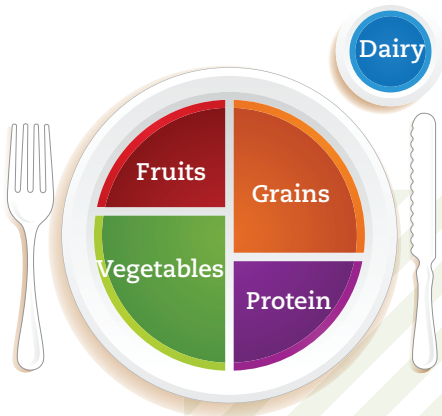
**Whole Grains, Brown Rice, Oatmeal, Quinoa, Millet, Amaranth, Baked Sweet Potato, Whole-wheat breads and cereals**





# Hartford HealthCare

- Visit [www.HHCHealth.org](http://www.HHCHealth.org) for more information.
- Check your **MyChart** account ([www.mychart.com](http://www.mychart.com)) to review your medical information, and ask your provider any questions you have about your care.
  - Visit [www.MyPlate.gov](http://www.MyPlate.gov) for more nutrition information.
  - Try to make half your plate fruit/vegetables,
  - Vary your veggies (*eat the rainbow!*)
  - Make half your grains whole grains
  - Choose low-fat dairy most often; try alternative milks (*i.e.* soy, oat)



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