## CHOOSING LOWER-FAT FOODS

### BREAKFAST FOODS

<table>
<thead>
<tr>
<th>Try every day</th>
<th>Only once a week</th>
<th>Avoid most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Egg whites</td>
<td>• Canadian bacon (1 slice)</td>
<td>• Sausage, pork roll</td>
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<tr>
<td>• Liquid egg substitutes</td>
<td>• Turkey sausage (1 slice)</td>
<td>• Bacon</td>
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<tr>
<td>• Soy breakfast meats</td>
<td>• Sausage breakfast burrito</td>
<td>• Egg biscuit</td>
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<tr>
<td>• Boiled egg</td>
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<td>• Egg and sausage biscuit or muffin</td>
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<tr>
<td>• Breakfast burrito with 1 egg, reduced-fat cheese, salsa</td>
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<td>• Croissant with egg or sausage</td>
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<tr>
<td>• Non-fat or low-fat cheese</td>
<td></td>
<td>• Bacon, egg, cheese biscuit</td>
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<tr>
<td>• Non-fat cottage cheese</td>
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<tr>
<td>• 1 slice of 2% cheese</td>
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<tr>
<td>• Light cream cheese, 1 tablespoon</td>
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<tr>
<td>• Nonfat cooking sprays</td>
<td>• Cream cheese (limit 2 teaspoons per meal)</td>
<td>• Any cheese with 5 grams of fat or more per serving</td>
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<tr>
<td>• Low-fat margarine in a tub or squeeze bottle</td>
<td></td>
<td>• Regular cottage cheese</td>
</tr>
<tr>
<td>• Low-fat cream cheese</td>
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</tbody>
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1-800-DIABETES (342-2383) DIABETES.ORG
## LUNCH AND DINNER FOODS

<table>
<thead>
<tr>
<th>Try every day</th>
<th>Only once a week</th>
<th>Avoid most of the time</th>
</tr>
</thead>
</table>
| → Chicken breast, thigh, or drumstick (no skin); grilled or baked  
→ Turkey breast (no skin)  
→ Turkey ham  
→ Ground turkey breast  
→ Soy chicken nuggets  | → Chicken nuggets  | → Chicken wings  
→ Sausage  
→ Salami  
→ Liverwurst  |
| → Tuna packed in water  
→ Trout, cod, or whitefish; grilled or baked  
→ Fresh ham or pork loin  | → Pork chop  
→ Ham luncheon meat  | → Fried fish  
→ Fried chicken  
→ Pork roll  
→ Ribs  |
| → Side dish of pasta with tomato sauce  
→ Grilled/baked chicken breast  
→ Grilled chicken sandwich or salad  
→ Bean burrito  
→ Chicken taco, no sour cream  
→ Chicken/turkey breast wrap  
→ Turkey or roast beef sandwich  
→ Chicken or fish (no breading, not fried) with vegetables and steamed rice, steamed dumplings  | → Pizza (no meat, try vegetable toppings)  
→ Chicken steak sandwich made with chicken breast  
→ Frozen sandwiches or turnovers  
→ Small-size french fries  | → Meatball sandwiches  
→ Stuffed crust pizza  
→ Taco salad, BLT taco  
→ Supreme burrito/tortilla  
→ Big beef burrito  
→ Nachos supreme  
→ Potato skins  
→ Jalapeno poppers  
→ Hot dogs, chili dogs  
→ Cheese fries, large french fries  
→ Large subs or hoagies  
→ Fried rice, fried dumplings  
→ Breaded chicken or fish  |
| → Low-fat hot dogs  
→ Non-fat or low-fat cheese  
→ Non-fat cottage cheese  
→ Only 1 slice of 2% cheese  | → Sliced cheese  | → Extra cheese  
→ Regular cottage cheese  |
| → Veggie burgers  | → Single cheeseburger  
→ Hamburger (1 small patty)  | → Double cheeseburger  
→ Bacon cheeseburger  |
| → Low-fat soup  
→ Fresh fruit  |  | → Creamed/cheese soup  
→ Ramen noodle soup  |
| → Low-fat salad dressing  
→ Low-fat mayonnaise  
→ Mustard  
→ Salsa  | → Regular dressing (limit 2 teaspoons)  | → Regular dressing or mayonnaise  
→ Sour cream  |