

Healthy Food Swaps

What do you normally eat in a day? Can you swap some of the less healthy foods for better choices? Here are some ideas. Write in your own ideas on the blank lines below.

LESS HEALTHY...	▶▶▶▶	A HEALTHY SWAP
Chips	▶▶▶▶	Light popcorn
Butter	▶▶▶▶	Peanut butter or mashed avocado
Cookies	▶▶▶▶	Fruit
Soda	▶▶▶▶	Water or a diet drink
Sour cream	▶▶▶▶	Nonfat plain yogurt
French fries	▶▶▶▶	Side salad or fruit
Fried chicken sandwich	▶▶▶▶	Grilled chicken sandwich
Steak or red meat	▶▶▶▶	Fish or chicken (not fried)
White flour tortilla	▶▶▶▶	Whole wheat or corn tortilla
Rice mix	▶▶▶▶	Brown rice mixed with herbs
Cream or half and half	▶▶▶▶	Whole milk or 2% milk
Mayo	▶▶▶▶	Light mayo or mustard
Bologna or salami	▶▶▶▶	Lean turkey or roast beef
Plain bagel	▶▶▶▶	Whole wheat mini bagel or English muffin
Orange Juice	▶▶▶▶	Small orange
Milk Chocolate	▶▶▶▶	Dark Chocolate
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Recipes for Healthy Living at diabetes.org/recipes.

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