



**UMass Memorial** Health



**UMass Chan**  
MEDICAL SCHOOL

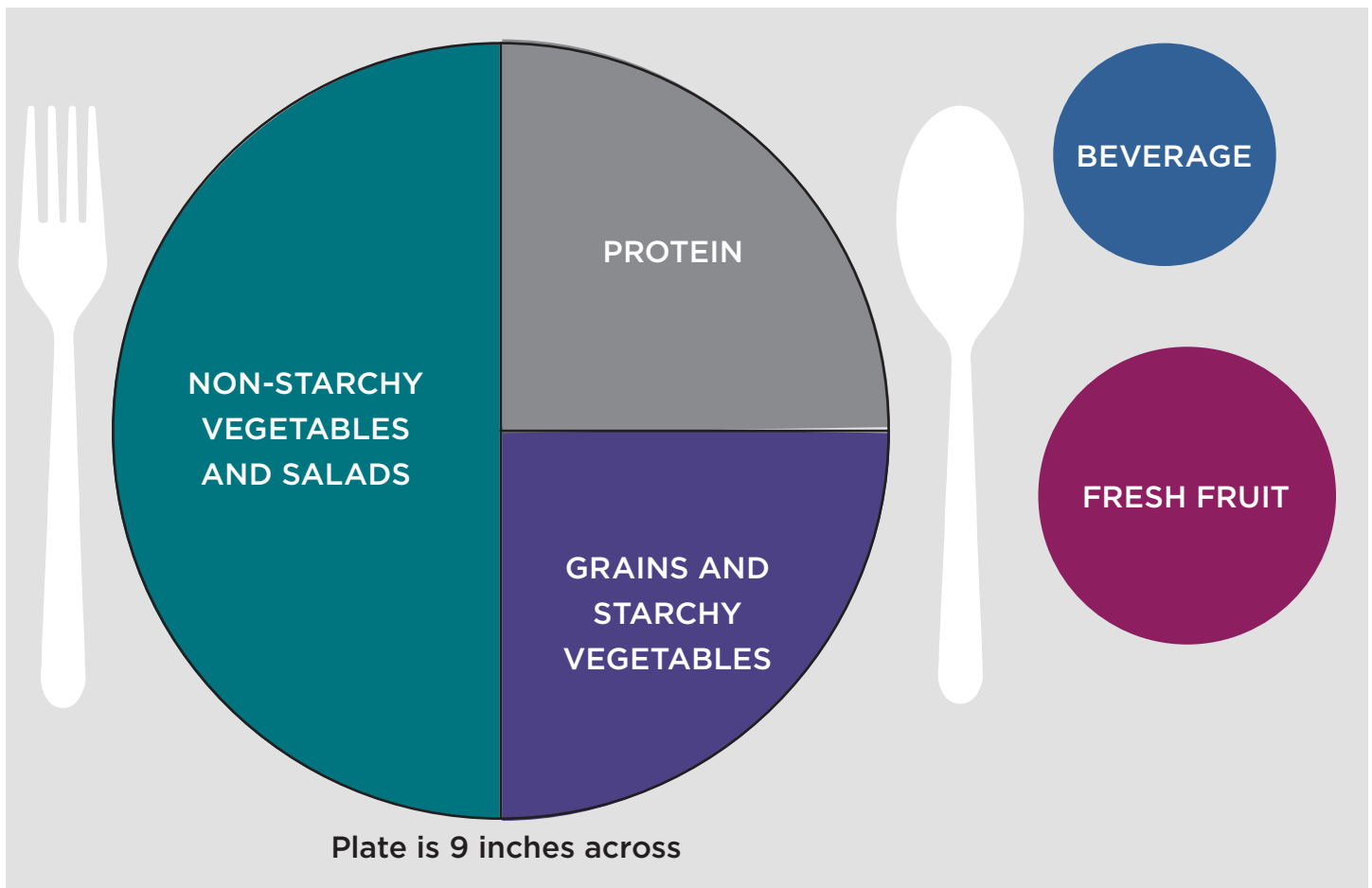
## Diabetes Center of Excellence

# A START TO HEALTHY EATING WITH DIABETES

NEW PATIENTS: **855-UMASS-MD** (855-862-7763) | EXISTING PATIENTS: **508-334-3206**

[WWW.UMMHEALTH.ORG/DIABETES](http://WWW.UMMHEALTH.ORG/DIABETES)

USE THIS GUIDE IN ADDITION TO WORKING WITH A DIETITIAN.



**KEY:** These foods are healthy options and should be eaten often. They're low in fat and contain little added sugar. They also have fiber and whole grains.



**KEY:** These foods can be eaten once in a while. They contain some fat, are lower in fiber, and may have some added sugar.



**KEY:** These foods are not as healthy. They may be high in fat, contain refined grains or a lot of added sugar.

In small amounts, these oils are healthy choices for cooking and dressing salads:

✓ Olive oil

✓ Vegetable oil

✓ Sesame oil

✓ Canola oil

✓ Corn oil

✓ Peanut oil

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AMBULATORY CARE CENTER (ACC), SECOND FLOOR  
55 LAKE AVENUE NORTH, WORCESTER, MA 01655

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## NON-STARCHY VEGETABLES AND SALADS

Vegetables are excellent sources of vitamins and nutrients. However, fries and other fried vegetables don't have a high nutritional value. Choose fresh or steamed vegetables instead.



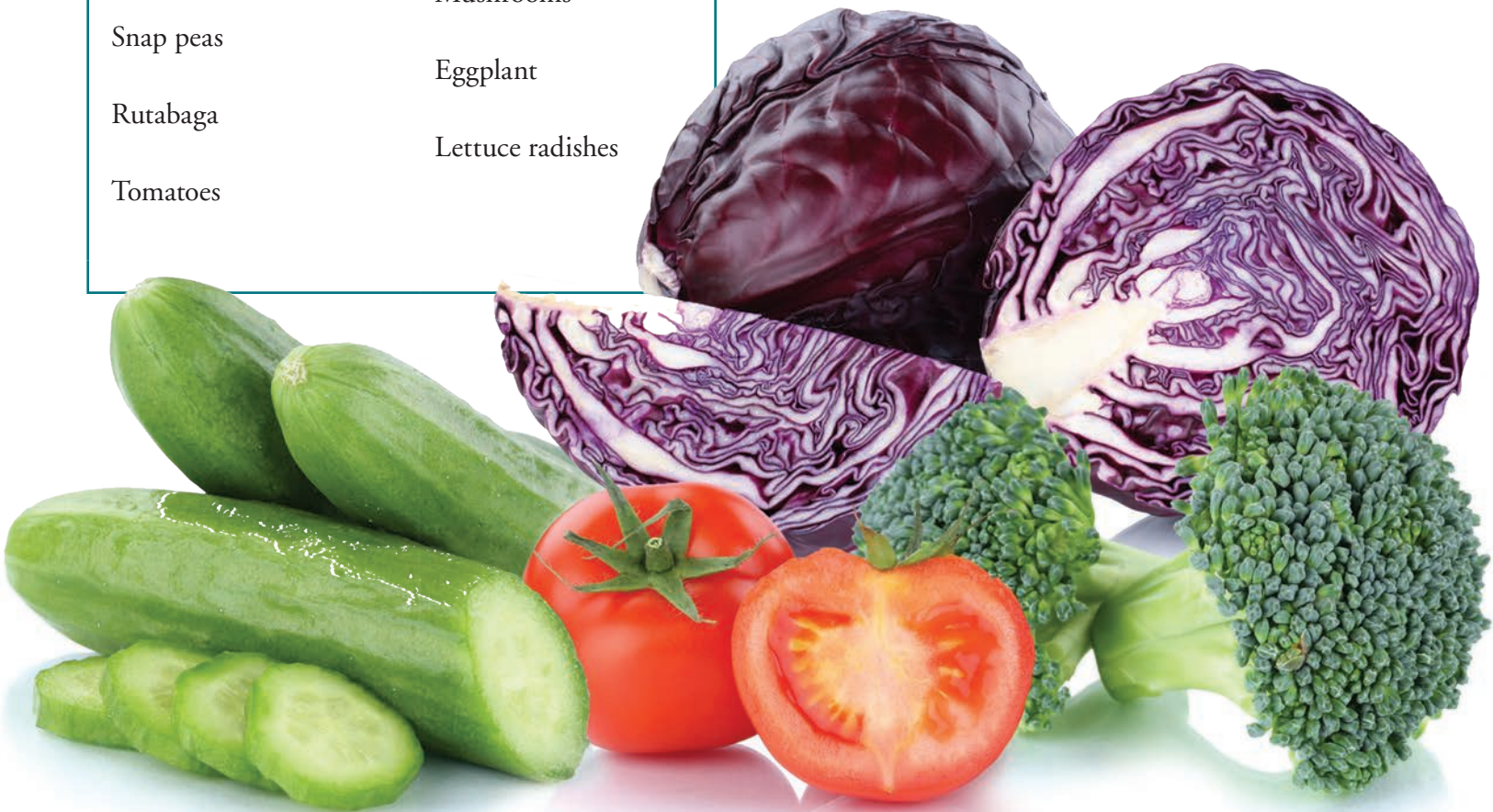
Asparagus	Peppers
Cauliflower	Brussels sprouts
Cabbage	Carrots
Green beans and wax beans	Celery
Broccoli	Cucumbers
Beets	Onions
Snap peas	Mushrooms
Rutabaga	Eggplant
Tomatoes	Lettuce radishes



Coleslaw  
Broccoli  
with cheese sauce



Fried onion rings  
Tempura vegetables



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## CARBOHYDRATES: GRAINS AND STARCHY VEGETABLES

Choose high fiber, whole grain, and whole wheat breads and pastas instead of white breads and pastas whenever possible. Brown rice is healthier than white rice. Sweetened breads or pastries are not healthy and should only be eaten occasionally.



Whole grain bread	Artichoke
Whole wheat pasta	Sweet potatoes and yams
Brown rice	Potatoes
Wild rice	Corn
Old fashioned and steel cut oats	Squash
Barley	Pumpkin
Quinoa	



Pumpernickel bread  
Multigrain bread  
Oat bread  
Quick oats  
Corn chips  
Granola bars



White bread  
Wheat chips  
Flavored instant oats  
Bagel  
Tortillas and wraps  
Fries  
Corn bread, pasteries, muffins and pancakes  
White rice  
White pasta, instant noodles, and mac & cheese  
Pumpkin pie filling  
Couscous



## CARBOHYDRATES: FRUIT

Most fruits and berries are healthy options. Eat up to three small servings per day, but avoid canned fruits in syrup, fruit juices, and dried fruits.



Grapefruit

Pear

Pineapple

Kiwi

Orange

Grapes

Apple

Cantaloupe

Peach

Honey dew

Berries and cherries

Watermelon

Plum



Mango

Papaya

Banana (small)

Coconut



Canned fruit  
in syrup

Dried fruit

Fruit juices



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## PROTEIN

Choose lean proteins. Remember that barbeque, cranberry, and teriyaki sauces all contain carbohydrates. Keep protein portions no larger than the size of a deck of cards!



Low-Fat or Fat-Free  
cheeses

Fat-Free or 1%  
Cottage cheese

Fish and sea food

Eggs

Nuts and seeds

Skinless chicken and  
other lean meats

No sugar added  
peanut butter

Tofu



Beef, lamb and pork

Ham

Turkey bacon

Peanut butter  
with added sugar  
or corn syrup



Regular cheeses

Fried chicken

Sausage

Regular bacon

Cheeseburger

Pizza

### PROTEIN & CARBS

Beans

Fat-Free Greek plain  
or vanilla yogurt

### PROTEIN & CARBS

Low-Fat Greek  
plain or vanilla  
yogurt

### PROTEIN & CARBS

Regular Greek plain  
or vanilla yogurt



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## BEVERAGES

Choose low-sugar or sugar free drinks whenever possible. Avoid fruit juices such as orange juice, apple juice, cranberry juice or boxed juices. Milk and all fruit juices, even 100% juice contain carbohydrates.



Water

Tomato juice

Tea without  
milk or sugar

Black coffee



Diet soda

Sugar-Free  
sports drinks

Sugar-Free  
energy drinks



Soda

Fruit juice

Sports drinks

Iced tea or  
lemonade with  
added sugar

Energy drinks

Beer

8 oz. glass of  
2% or whole milk

Chocolate milk

Coffee or tea with  
milk and sugar

### DRINKS WITH CARBS

8 oz. glass  
of skim milk

8 oz. plain, soy  
or almond milk

### DRINKS WITH CARBS

8 oz. glass  
of 1% milk

8 oz. chocolate  
or vanilla soy or  
almond milk



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