



GOOD FATS & BAD FATS

Always read the Nutrition Facts label on foods when you shop.
Your goal is not a fat-free diet, but a diet low in bad fats.

Eating healthy foods, every day,
is one of the best ways to control diabetes.

EAT...

GOOD Fats

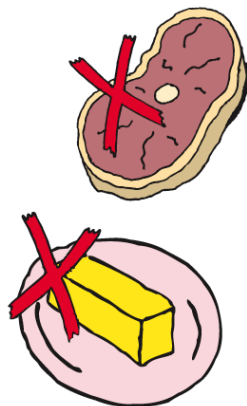
Oily fish (salmon, trout)
Olive oil
Nuts
Canola oil
Avocado
Soybean or Corn Oil



EAT Less...

SATURATED Fat

Butter
Whole Milk
Cream
Red Meat
Dessert (cake, ice cream)
Animal skin (chicken, turkey)



Avoid...

TRANS Fat

French Fries
Donuts
Vegetable shortening
Margarine
Deep-fried foods
Many baked foods
(pies, cookies)
Some packaged snacks
and candy

