Diabetes is a disease that occurs when your blood glucose (also called blood sugar) is too high Make your calories count with nutritious foods. Choose healthy carbohydrates, fiber-rich foods, fish and "good" fats.

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| Make your calories count with nutritious foods. Choose healthy carbohydrates, fiber-rich foods, fish and "good" fats. | | | | | | | | | | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Healthy carbohydrates** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| During digestion, sugars and starches break down into blood glucose. Sugars also are known as simple carbohydrates, and starches also are known as complex carbohydrates. Focus on healthy carbohydrates, such as: | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Fruits. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Vegetables. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Whole grains. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Legumes,such as beans and peas. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Low-fat dairy products, such as milk and cheese. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fiber-rich foods** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Fiber moderates how your body digests food and helps control blood sugar levels. Foods high in fiber include: | | | | | | | | | | | | | | | | | |  |  |
| * Vegetables. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Fruits. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Nuts. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Legumes, such as beans and peas. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Whole grains. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **'Good' fats** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels. These include: | | | | | | | | | | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Avocados. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Nuts. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| * Canola, olive and peanut oils. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |