Diabetes and heart friendly foods

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| Diabetes and heart friendly foods |  |
| for clients |  |
| Choose these foods for better health and to manage diabetes, high cholesterol, or high blood pressure. |  |
| Foods to choose |  |
| Fruits and vegetables  • Fresh fruits and vegetables  • Frozen fruits and vegetables (plain)  • Low sodium canned vegetables  • Canned fruit (canned in juice or water |  |
| Dairy  • Low fat or skim milk (skim, 1%, and 2% milk)  • Unsweetened milk alternatives (almond, soy, oat, etc.)  • Yogurt (plain, unsweetened; nonfat) |  |
| Grains  • Whole grain pasta or noodles (examples: whole wheat, soba)  • Whole grains (examples: brown jasmine rice; barley)  • Oatmeal (plain)  • Cold cereal (less than 6 grams of sugar per serving)  • Popcorn (plain un-popped) |  |
| Protein  • Dried beans  • Low sodium canned beans  • Eggs  • Tofu (plain)  • Lean meat (examples: nonbreaded poultry; roast beef; pork tenderloin; pork chops)  • Frozen fish (plain, not breaded)  • Canned fish (low sodium; canned in water)  • Peanut butter or nut butter  (no added sugar) |  |
| Cooking  • Fresh herbs |  |
| Bread and bakery  • Whole grain bread (first ingredient is a whole grain, such as whole wheat) |  |
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