

# HEALTHY EATING TIPS

## WHAT CAN I DO TO EAT HEALTHIER?

- Try to eat a balanced food intake, with a variety of food from all of the main food groups.
  - Try to avoid skipping meals.



- Have portion sizes that will help you reach or maintain a healthy weight.
- Try to include high fiber foods such as whole grain breads and cereals, fresh fruits with the skins (apples and pears), vegetables and legumes, and grains (pasta, rice).



- Choose leaner meats like chicken, turkey, fish, and lean beef. Focus on baked, broiled or grilled meats instead of fried.
- Choosing water is the best option. Drink calorie-free drinks instead of regular soda, fruit punch and other sugar-sweetened drinks.
  - Water infused with fresh cut fruit and herbs. Example: Water with Lemon and Mint.



- Reduce intake of high calorie snack foods and desserts like chips, cookies, cakes, full-fat ice cream.
- These items may be eaten occasionally. Reduce the amount that is eaten. Refer to your dietary team for what will work for you.



Remember, having a healthy diet means eating a variety of foods.

The foods I eat work together with my insulin injections to keep my blood sugar levels within normal limits.

