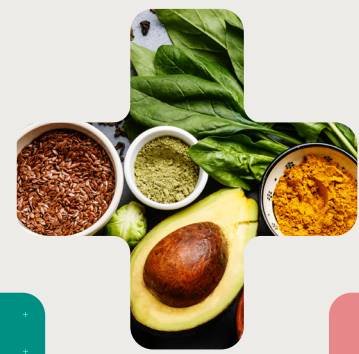


Diabetes food swap cheat sheet

Simple swaps for balanced blood sugar



Taking care of your diabetes doesn't mean giving up the foods you love—it's about making better-for-you choices. Use this cheat sheet to find simple food swaps that can help keep your blood sugar steady.

Food	Healthy swap	Even healthier swap	Why swap?
Pasta	+ Whole wheat pasta ¹	+ Veggie spirals (like zucchini or spaghetti squash) ¹ + Chickpea or lentil pasta ²	+ Fewer carbs (veggie spirals) ¹ + More fiber and protein (chickpea/lentil pasta) ²
Rice	+ Brown or black rice ¹ + Quinoa ¹	+ Cauliflower rice ¹	+ Fewer carbs, more fiber ¹
Red meat	+ 90% lean red meat cuts (like round, top loin, sirloin, chuck shoulder, arm roasts) ¹	+ Lean white meats (like skinless turkey and chicken breasts) + Pork tenderloin + Fish + Plant-based protein (like tofu, beans or lentils) ¹	+ Fewer unhealthy fats ¹
Flour tortilla	+ Whole-grain flour tortilla ³ + Corn tortilla ³	+ Lettuce wrap ³	+ More fiber (whole-grain flour tortilla, corn tortilla) ³ + Fewer carbs (lettuce wrap) ³
Whole milk	+ 1% milk ¹ + Almond milk ⁴	+ Skim milk ¹ + Soy milk ⁴	+ Fewer unhealthy fats ^{1,4}



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Food	Healthy swap	Even healthier swap	Why swap?
Sugary cereal	+ Whole wheat cereal with little or no sugar added ⁵	+ Oatmeal topped with berries and nuts ⁵	+ Higher fiber, less sugar ⁵
Ice cream	+ Frozen yogurt bar ³	+ Blended frozen banana ²	+ More fiber, fewer unhealthy fats, less added sugar ^{2,3}
Chips and pretzels	+ Baked chips ⁶ + Air-popped popcorn ⁶ + Rice cakes	+ Pistachios or any unsalted or low-sodium nuts following the recommended serving size ²	+ Fewer unhealthy fats, more fiber, more protein ^{2,6} + Fewer carbs (pistachios) ²
Candy and other sweets	+ Fruit ⁷	+ Fruit less likely to cause blood sugar spikes (like berries, kiwi, melon and citrus) ⁷	+ More fiber, ⁶ less sugar ⁷



Making small changes can have an impact on your blood sugar and overall health.

Keep this guide handy as a simple way to make smarter choices while still enjoying the foods you love.



Quickly search and connect with hundreds of organizations near you. Find local food pantries, home-delivery meal services, food stamp assistance and more.

Visit findhelp.org

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