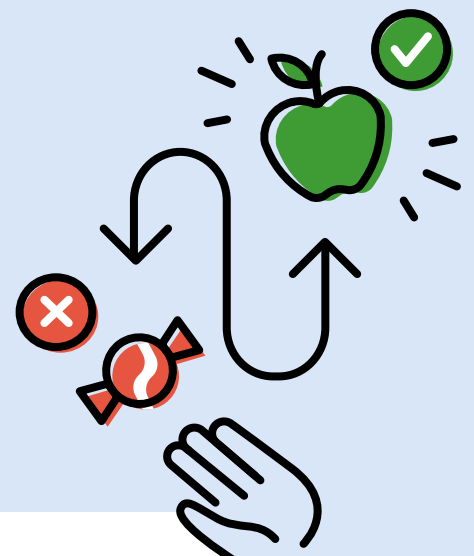


Simple Swaps and Substitutions







Healthy eating is an important part of diabetes management. But where do you start? Making dietary changes can be challenging for just about anyone, so it helps to start small. Check out these simple swaps, and try one or two of them this week. Then, once you're used to it, try a couple more!






Having a snack?

 <p>Chips, snack mix, pretzels</p>	 <p>Cookies and candy</p>	<p>Store-bought granola bars</p>
 <p>Hummus and fresh veggies Low-fat cheese and whole wheat crackers</p> 	<p>Plain yogurt with fresh fruit and nuts</p>	<p>Apple with natural peanut butter</p> 

Is it mealtime?

 <p>White bread, pasta, or rice</p>	<p>Deep-fried meats and fish</p>	<p>Starchy sides like potatoes or corn</p>
 <p>Whole-grain bread Whole-wheat pasta Brown rice</p> 	<p>Broiled, grilled, steamed, roasted, or baked meats and fish</p>	 <p>Broccoli, green beans, or leafy greens</p>

Feeling thirsty?

 <p>Cola or other soda pop</p> 	<p>Store-bought tea with added sugar</p>	<p>Sugary coffee drinks</p>
 <p>Flavored sparkling water</p>	 <p>Unsweetened iced tea</p>	<p>Homemade fruit smoothie</p> 



Looking for more about diabetes-friendly eating?
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for recipes, tips, and more.