

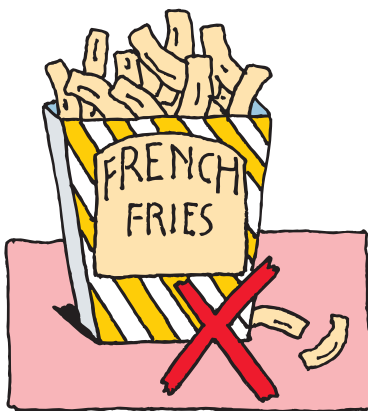
GOOD FATS

BAD FATS

Avoid...

Trans Fat

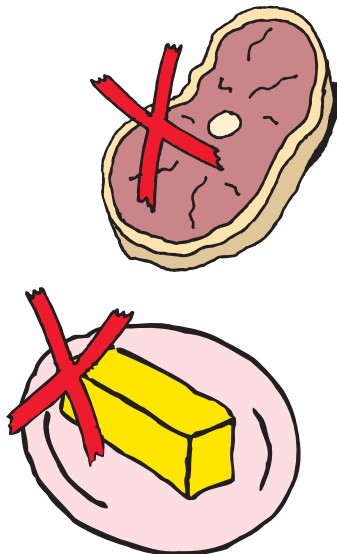
- French Fries
- Fresh Donuts
- Vegetable shortening
- Margarine
- Deep-fried foods
- Many fresh baked foods
(pies, cookies)
- Some packaged snacks
and candy



Eat less...

Saturated Fat

- Butter
- Whole Milk
- Cream
- Red Meat
- Dessert (cake, ice cream)
- Animal skin (chicken, turkey)



Eat...

GOOD Fats

- Oily fish (salmon, trout)
- Olive oil
- Nuts
- Canola oil
- Avocado
- Soybean or Corn Oil



Always read the Nutrition Facts label on foods when you shop.
Your goal is not a fat-free diet, but a diet low in bad fats.

Eating healthy foods, every day, is one of the best ways to control diabetes!