

## **GUIDELINES FOR DIABETICS**

- 1) **FOLLOW PORTION SIZES AS INDICATED ON THE MENU**
- 2) **USE A SKIM OR LOWER FAT MILK**
- 3) **USE SUGAR SUBSTITUTES INSTEAD OF SUGAR**
- 4) **USE SUGARFREE BEVERAGES AND FRUIT JUICES WITH NO ADDED SUGAR**
- 5) **SUBSTITUTE REGULAR CONCENTRATED SWEETS WITH:**

**FRESH FRUIT**

**FRUITS IN OWN FRUIT JUICE**

**SUGARFREE GELATIN**

**SUGARFREE OR NO SUGAR ADDED PUDDING**

**SUGARFREE OR NO SUGAR ADDED ICE CREAM**

- 6) **USE LEAN MEATS, BAKED, BROILED OR STEWED IN LOW FAT SAUCES**
- 7) **USE LIGHTER MARGARINE, MAYONNAISE AND SALAD DRESSINGS**

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