

GUIDELINES FOR DIABETICS LOW FAT, LOW CHOLESTEROL

- 1) **FOLLOW PORTION SIZES AS INDICATED ON THE MENU (CONTROL STARCHES AS INDICATED ON MENU)**
- 2) **USE SKIM 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 BOILED COOKED IN LOW FAT SAUCES**
- 7) **USE LIGHT MARGARINE, MAYONNAISE AND SALAD DRESSINGS**

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