EAT THIS, NOT THAT!

Making some simple swaps or substitutions to your favorite dishes may make a difference in helping you control your blood sugar. Here are simple things you can do to keep your meals type 2 diabetes–friendly.

Talk to your doctor about what nutrition plan is right for you.

Franklin Becker
CELEBRITY CHEF

Paid spokesperson of Novo Nordisk.

If you find yourself being drawn to unhealthy options, consider some easy swaps:

**WHEN SHOPPING**

- Swap white bread with lavash or sprouted bread
- Swap white rice for cauliflower rice
- Swap white potatoes for sweet potatoes, which have a lower effect on blood sugar
- Swap butter for olive oil, avocado oil, or bean puree
- Swap regular spaghetti for quinoa spaghetti, chickpea pasta, almond pasta, bean pasta, or lentil pasta

**SWAPPING THE BAD FOR THE GOOD**

**WHEN DINING OUT**

- Swap red meat for white meat
- Swap fries for a salad
- Swap white bread for wheat bread in a sandwich—or even better—a lettuce wrap
- Swap fried eggs for poached or scrambled eggs
- Swap soda for water

Want more tips? MyType2Transformation.com has videos, tools, and resources that help you make choices that are type 2 diabetes–friendly.