



# 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 swaps that you can make to help make your meals more type 2 diabetes-friendly.

**Franklin Becker**  
CELEBRITY CHEF

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

Paid spokesperson of Novo Nordisk.

SWAPPING WHEN SHOPPING

If you are looking for healthier options, consider some easy swaps:



Swap white bread with whole grain bread



Swap white rice with cauliflower rice



Swap butter with olive oil or avocado oil



Swap white potatoes with sweet potatoes



Swap regular pasta with whole grain sources (for example, pasta made with quinoa, almond flour, or whole wheat flour)

SWAPPING WHEN DINING OUT

If you are looking for healthier options, consider some easy swaps:



Swap red meat with white meat or fish



Swap fries with a salad



Swap white bread with wheat bread in a sandwich—or even better—a lettuce wrap



Swap pepperoni pizza with veggie pizza—especially nonstarchy vegetables that are dark green, red, and orange in color



Swap soda with water

Want more resources? [MyType2Tips.com](https://www.MyType2Tips.com) has videos, tools, and recipes that help you make choices that are type 2 diabetes-friendly.