- The -**Diabetes** Food Guide - To Healthy Eating SPAGHETTI

Vegetables

Choose dark green and orange more often Grains & Starches

CATMEAL

Choose more whole grains

Fruits

Choose a variety of colourful fruits

CARBOHYDRATE

Milk & Alternatives

Choose lower fat dairy products

FOODS

MILK

Meat & Alternatives

Choose lean meats, poultry, fish & beans Fats & Oils C

ARBOHYDRATE

0

0

DS

SKIM MILK

POWDER

1% EVAPORATED MILK

> Choose fats from nuts and vegetable

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