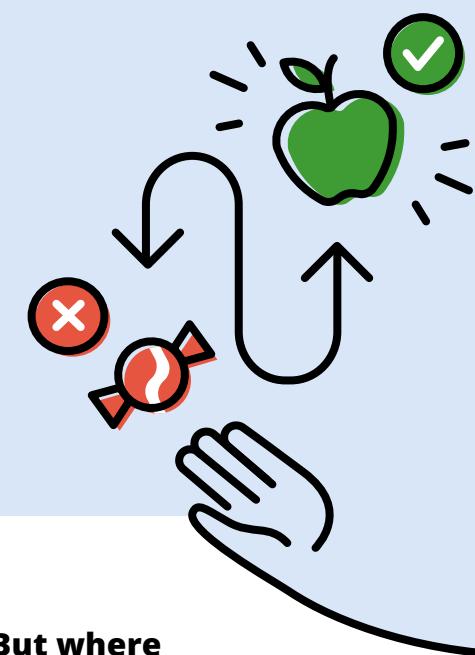


Simple Swaps and Substitutions



Healthy eating is an important part of diabetes management. But where do you start? Making dietary changes can be challenging for just about anyone, so it helps to start small. Check out these simple swaps, and try one or two of them this week. Then, once you're used to it, try a couple more!

Having a snack?

 Chips, snack mix, pretzels	 Cookies and candy	Store-bought granola bars
 Hummus and fresh veggies Low-fat cheese and whole wheat crackers 	 Plain yogurt with fresh fruit and nuts	 Apple with natural peanut butter 

Is it mealtime?

 White bread, pasta, or rice	Deep-fried meats and fish	Starchy sides like potatoes or corn
 Whole-grain bread Whole-wheat pasta Brown rice 	 Broiled, grilled, steamed, roasted, or baked meats and fish	 Broccoli, green beans, or leafy greens 

Feeling thirsty?

 Cola or other soda pop 	Store-bought tea with added sugar	Sugary coffee drinks
 Flavored sparkling water	 Unsweetened iced tea 	 Homemade fruit smoothie 



By scanning, we may collect aggregate data for analytics but not any personal information.

Looking for more about managing diabetes?
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