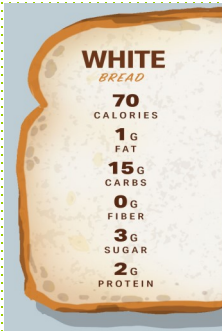




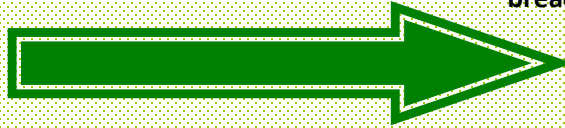
# Healthy Food Swaps for Diabetics



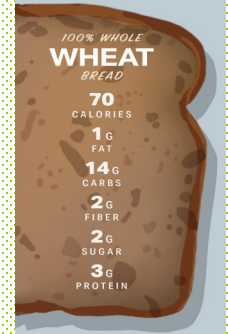
Nutrition plays an important role in managing your diabetes. Below are some ideas of foods to consider substituting to help manage your diabetes.



White bread



Whole wheat bread



Pasta



Vegetable noodles, (zucchini noodles)

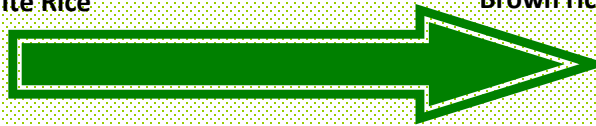


- 200 calories
- 41g carbs

- 17 calories
- 3 g carbs



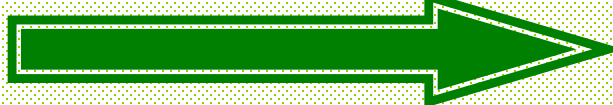
White Rice



Brown rice or quinoa



Processed Cereals



Oatmeal



The healthier substitution options are lower in carbohydrates and higher in fiber, which can help your body to maintain blood sugar levels under control.

