

PATIENT EDUCATION RESOURCE

Eat This, Not That - Weight-Loss Guide

Prepared for members of Pagdin Health

Original educational content: Novo Nordisk

The original resource follows unchanged and retains its publisher attribution.

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General education only - not a substitute for medical advice



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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.

SWAPPING THE BAD FOR THE GOOD WHEN SHOPPING

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



Swap white bread with lavash or sprouted bread



Swap white rice for cauliflower rice



Swap butter for olive oil, avocado oil, or bean puree



Swap white potatoes for sweet potatoes, which have a lower effect on blood sugar



Swap regular spaghetti for quinoa spaghetti, chickpea pasta, almond pasta, bean pasta, or lentil pasta

SWAPPING THE BAD FOR THE GOOD WHEN DINING OUT

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



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](https://www.MyType2Transformation.com) has videos, tools, and resources that help you make choices that are type 2 diabetes–friendly.