

IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

Build a Healthier Meal



BUILD A HEALTHY LUNCH

SO-SO	GOOD	BETTER	BEST
Tuna salad	Tuna salad	Deli ham	Deli ham
Iceberg lettuce	Romaine lettuce	Lettuce and tomato	Lettuce, tomato and black olives
Whole wheat pita	Whole wheat bread	Whole wheat bread	Corn tortilla
Cream of broccoli cheese soup	Cream of tomato soup	Chicken noodle soup	Vegetarian vegetable soup
Chocolate sandwich cookies	100 calorie pack cookies	3-1/4" dia. apple	1 cup grapes
Soda	Milk	Iced tea	Hot or iced green tea or water
This Lunch Calories: 767 Fat: 28g Carbs: 112g	This Lunch Calories: 653 Fat: 19g Carbs: 89g	This Lunch Calories: 422 Fat: 8g Carbs: 63g	This Lunch Calories: 271 Fat: 6g Carbs: 46g



Adapted from [Debra Manzella, R.N.](#), former About.com Guide Updated March 09, 2009 About.com Health's Disease and Condition content is reviewed by our [Medical Review Board](#)