



# DIABETES AND NUTRITION: CARBOHYDRATES, FATS, AND PROTEIN (CONTINUED)

## PROTEIN

Protein helps the body build and repair muscles and other tissues. It has little or no effect on blood glucose, but many foods that contain protein also contain saturated fat. Choose low-fat or lean protein sources to get the benefits without the extra fat.

### Plant Protein

Plant protein is found in dry beans, nuts and soy products. They're typically cholesterol free and low in saturated fat.

### Animal Protein

Animal protein is found in fish, meats, cheeses and milk. They contain cholesterol and can be high in saturated fat. Choose lean or lower-fat options.



## DIABETES CENTER OF EXCELLENCE

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