

Food List



Carbs



These foods **raise** blood sugar

Starches	Fruit	Milk and yogurt
<p>1 serving has: 15 g carbohydrate 2 g or more fiber 2 g protein</p>	<p>1 serving has: 15 g carbohydrate 2 g or more of fiber 0 g protein 0 g fat</p>	<p>1 serving has: 12 g carbohydrate 0 g or more fiber 8 g protein 0-3 g fat</p>
<p>Choose:</p> <ul style="list-style-type: none"> ✓ Whole grains ✓ 100% whole wheat ✓ foods with 3 g or more of fiber 	<ul style="list-style-type: none"> ✓ Eat fruit with meals or as a snack ✓ Watch portion sizes of fruit ✓ Avoid juice, unless blood sugar is low 	<ul style="list-style-type: none"> ✓ Choose fat-free or 1% milk and milk products ✓ Look for 3 g or less of fat

1 serving is:

<p>Breads: Bagel (large) - 1/4 Bread - 1 slice English muffin - 1/2 Bun, hamburger/ hotdog - 1/2 Tortilla, corn or flour - 1 (5 inch)</p> <p>Cereals and grains: Rice, cooked - 1 cup Oatmeal, cooked - 1/2 cup Pasta, cooked - 1 cup Quinoa, cooked - 3/4 cup Cereal, dry - 1/2-3/4 cup</p> <p>Starchy vegetables: Corn - 1/2 cup Green peas, cooked - 1/2 cup Potato (large), baked - 1/4 Potato, mashed - 1/2 cup Squash (winter, acorn & butternut) - 1 cup Sweet potato - 1/2 cup</p>	<p>Apple (small) - 1 Banana (5 inch) - 1 Blueberries - 3/4 cup Blackberries - 3/4 cup Grapefruit (large) - 1/2 Grapes (small) - 1/2 cup Kiwi - 1 Mango (small) - 1/2 cup Melon, cubed - 1 cup Orange (small) - 1 Papaya, cubed - 1 cup Peach (medium) - 1 Pear (large) - 1/2 Pineapple - 3/4 cup Plums (small) - 2 Raspberries - 1 cup Strawberries, whole - 1 1/4 cup Tangerines (small) - 2</p> <p>Other fruit products: Juices - 1/2 cup Dried fruit - 2 Tbsp Canned fruit, light - 1/2 cup</p>	<p>Milk, low-fat/fat-free - 1 cup Flavored milk - 1/2 cup Ice cream - 1/2 cup Yogurt, plain or light - 1 cup Buttermilk, low fat - 1 cup Soymilk/rice, light - 1 cup</p>
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Beans, peas and lentils:

- Beans, baked - 1 cup
- Black beans, cooked - 1/4 cup
- Green peas - 1/2 cup
- Lentils, cooked - 1/2 cup
- Navy beans, cooked. - 1/4 cup
- Pinto beans, cooked. - 1/4 cup
- Refried beans, canned - 1/2 cup



Combination foods



Entrees	Soups	Deli salads
Tamales - 1/2 (17 g carb) Chili - 1 1/2 cups (14 g carb) Spaghetti with meatballs - 1 cup (15 g carb)	Chicken noodle soup - 1 cup (5 g carb) Tomato soup (with water) - 1 cup (15 g carb) Menudo - 1 cup (15 g carb)	Coleslaw - 1/2 cup (14 g carb) Potato salad - 1/2 cup (14 g carb) Tuna salad - 3/4 cup (15 g carb)

Non-starchy vegetables

1 serving has:

- 5 g carbs
- 2 g or more fiber
- 2 g protein
- 0 g fat

These vegetables are free foods!

These foods do **not** raise blood sugar



Choose vegetables of all colors

1 serving = 1/2 cup cooked or 1 cup raw



Artichoke heart, canned	Celery	Parsnips
Asparagus	Cucumbers	Peppers, all varieties
Baby corn	Eggplant	Radishes
Beans (green, wax, Italian)	Greens (collard, kale, mustard, turnip)	Sauerkraut
Beets	Lettuce	Snap peas
Broccoli	Mushrooms	Spinach
Brussels sprouts	Okra	Summer squash
Cabbage	Onions	Tomatoes
Carrots		Turnips
Cauliflower		



1 serving has:

- 0 g carbohydrate
- 0 g fiber
- 7 g protein
- 0-8+ g fat

These foods do **not** raise blood sugar

 Choose these plant-based proteins	 Reduce these animal-based proteins
1 serving plant-based	1 serving animal-based
<p>Beans, all kinds - 1/2 cup (1 carb serving) Green peas - 1 cup (1 1/2 carb serving) Chickpeas - 1/2 cup (1 1/2 carb serving) Soy products, tofu - 3 oz</p> <p><u>High-fat</u> (15+ g of fat) Natural peanut/almond butter - 2 Tbsp Pistachios - 1/4 cup</p>	<p><u>Lean</u> (0-3 g of fat) <i>Fish, fresh or frozen with no added fat:</i> Catfish, cod, flounder, salmon, shrimp - 1 oz Tuna, canned in water - 1 oz <i>Poultry without skin:</i> Chicken, turkey, duck - 1 oz <i>Wild game:</i> Buffalo, venison - 1 oz</p> <p><u>Medium-fat</u> (4-7 g of fat) Egg, whole - 1 Fish, any fried type - 1 oz Pork, cutlet, shoulder roast - 1 oz Beef, corned beef, ground, meatloaf - 1 oz Short rib, beef - 1 oz Cheese, feta, mozzarella, string, spread - 1 oz</p> <p><u>High-fat</u> (8+ g of fat) Bacon, turkey - 3 slices Cheese, regular, American, cheddar, swiss - 1 oz Hotdog, beef, pork, turkey, chicken - 1 Pork, ground, sausage - 1 oz</p>



Fats



1-2 servings per meal

1 serving has:
 0 g carbohydrate
 0 g fiber
 0 g protein
 5 g fat

These foods do not raise blood sugar
 but can **affect your weight and cholesterol**

 Choose these plant-based (unsaturated) fats	 Avoid these animal-based (saturated) fats
Oil, canola, olive, peanut - 1 tsp Avocado - 2 Tbsp Almonds - 5 nuts Cashews - 5 nuts Peanuts - 10 nuts Peanut/almond butter - 2 tsp Olives, green, stuffed - 10 count Margarine - 1 tsp Margarine, low-fat - 1 Tbsp Mayonnaise - 1 tsp Mayonnaise, low-fat - 1 Tbsp Salad dressing - 1 Tbsp Salad dressing, low-fat - 2 Tbsp	Butter, reduced-fat - 1 Tbsp Butter, stick - 1 tsp Oil, coconut, palm kernel - 1 tsp Lard - 1 tsp Cream, half & half - 2 Tbsp Cream, heavy - 1 Tbsp Cream, whipped - 2 Tbsp Coconut milk, light - 1 cup Coconut milk, regular - 1 1/2 Tbsp Bacon - 1 slice