

Food List

Carbs



These foods **raise** blood sugar

Starches	Fruit	Milk and yogurt
1 serving has: 15 g carbohydrate 2 g or more fiber 2 g protein	1 serving has: 15 g carbohydrate 2 g or more of fiber 0 g protein 0 g fat	1 serving has: 12 g carbohydrate 0 g or more fiber 8 g protein 0-3 g fat
Choose: ✓ Whole grains ✓ 100% whole wheat ✓ foods with 3 g or more of fiber	✓ Eat fruit with meals or as a snack ✓ Watch portion sizes of fruit ✓ Avoid juice, unless blood sugar is low	✓ Choose fat-free or 1% milk and milk products ✓ Look for 3 g or less of fat

1 serving is:

Breads: Bagel (large) - 1/4 Bread - 1 slice English muffin - 1/2 Bun, hamburger/ hotdog - 1/2 Tortilla, corn or flour - 1 (5 inch) Cereals and grains: Rice, cooked - cup Oatmeal, cooked - 1/2 cup Pasta, cooked - cup Quinoa, cooked - 3/4 cup Cereal, dry - 1/2-3/4 cup 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	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 Other fruit products: Juices - -1/2 cup Dried fruit - 2 Tbsp Canned fruit, light - 1/2 cup	Milk, low-fat/fat-free - 1 cup Flavored milk - 1/2 cup Ice cream - 1/2 cup Yogurt, plain or light - cup Buttermilk, low fat - 1 cup Soymilk/rice, light - 1 cup
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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:**

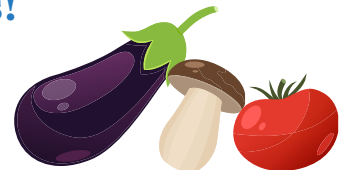
5 g carbs
 2 g or more fiber
 2 g protein
 0 g fat

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		



Protein



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

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

High-fat (15+ g of fat)

Natural peanut/almond butter - 2 Tbsp
Pistachios - 1/4 cup

1 serving animal-based

Lean (0-3 g of fat)

Fish, fresh or frozen with no added fat:
Catfish, cod, flounder, salmon, shrimp - 1 oz

Tuna, canned in water - 1 oz

Poultry without skin:

Chicken, turkey, duck - 1 oz

Wild game:

Buffalo, venison - 1 oz

Medium-fat (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

High-fat (8+ g of fat)

Bacon, turkey - 3 slices

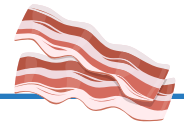
Cheese, regular, American, cheddar, swiss - 1 oz

Hotdog, beef, pork, turkey, chicken - 1

Pork, ground, sausage - 1 oz



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

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



Avoid these
animal-based (saturated) fats

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