CHOOSING HEALTHY FOODS FOR DIABETES
FOODS THAT RAISE BLOOD SUGAR

LIMIT THESE

GRAINS:

1/3 CUP COOKED PASTA
1/2 CUP COOKED CEREAL OR OATMEAL
1/2 CUP COOKED BULGAR
1/3 CUP COOKED RICE
(1) SLICE OF BREAD
1/2 SMALL BAGEL

3/4 CUP BREAKFAST CEREAL
(1) 6-INCH TORTILLA
3 CUPS OF POPCORN
3/4 OZ OF PRETZELS
(6) SALTINE CRACKERS
1/2 SMALL PITA BREAD

STARCHY VEGETABLES & LEGUMES:

(1) SMALL POTATO (3 OZ)
1/3 CUP PLANTAINS
1/3 CUP CASSAVA
1/2 CUP PLAIN SWEET POTATO/YAM
1/2 CUP CORN
1/2 CUP PEAS

1/2 CUP BEANS
1/2 CUP LENTILS
1 CUP WINTER SQUASH (ACORN OR BUTTERNUT)
FOODS THAT RAISE BLOOD SUGAR↑
LIMIT THESE

FRUIT:

1/2 BANANA
1/2 CUP CANNED FRUIT
2 TBSP DRIED FRUIT
1/2 CUP 100% FRUIT JUICE
1 CUP MELON
1 CUP RASPBERRIES

3/4 CUP BLUEBERRIES
1 1/4 CUP WHOLE STRAWBERRIES

DAIRY:

1 CUP LOW FAT/SKIM MILK
2/3 CUP (6 OZ) NON-FAT OR SUGAR-FREE LOW FAT YOGURT
FOODS THAT DO NOT RAISE BLOOD SUGAR
EAT MORE OF THESE

NON STARCHY VEGETABLES (1/2 CUP COOKED/1 CUP RAW):

ARTICHOKEs
ASPARAGUS
GREEN BEANS
BEETS
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CUCUMBER
EGGPLANT
GREENs
JICAMA
KALE
MUSHROOMS
OKRA
ONIONS
PEPPERS
SPINACH
SWISS CHARD
TOMATO
TURNIPS
### Foods That Do Not Raise Blood Sugar

EAT A MODERATE AMOUNT OF THESE

#### Protein:
- Beef (Lean Ground, Lean Steak, etc.)
- Cheese
- Fish (Cod, Haddock, Halibut, Salmon, Tuna, etc.)
- Shellfish
- Plant Based Proteins (Tofu, Tempeh, etc.)
- Pork (Ham, Loin, Chop, Bacon, etc.)
- Lamb
- Goat
- Poultry (Chicken, Turkey, Duck, etc.)
- Eggs
- Nut Butter (Also Fats)
- Nuts

#### Fats:
- Avocado
- Nuts/Nut Butter (Also Protein)
- Olives
- Salad Dressings
- Mayonnaise
- Margarine
- Butter
- Shortening
- Sour Cream
- Seeds (Flax, Pumpkin, Sunflower, Sesame, etc.)
- Oils (Olive, Soybean, Canola, Safflower, Sunflower, etc.)
- Oils (Coconut, Palm, Palm Kernel)*
- Saturated
- Coconut Milk
- Cream Cheese

*Univiera Health Care logo