



CHOOSING HEALTHY FOODS FOR DIABETES



NEIGHBORHOOD
HEALTH CENTER

| *Wellness*

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



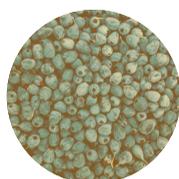
1/2 CUP
100% FRUIT
JUICE



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):



ARTICHOQUES



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.)



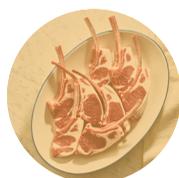
SHELLFISH



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