

These Foods <b>RAISE</b> Your Blood Sugar (Carbohydrates)				These Foods <b>DO NOT RAISE</b> Your Blood Sugar		
Bread, Grains, and Starchy Vegetables	Fruit	Milk and Yogurt	Sweets – LIMIT	Non-Starchy Vegetables	Meat and Protein	Fat
1 serving = 15 grams	1 serving = 15 grams	1 serving = 15 grams	1 serving = 15 grams	1 serving = 1 cup raw or ½ cup cooked 5+ servings/day	Varies per individual needs	Use in moderation
½ cup beans/lentils (cooked) ½ cup green peas ½ cup grits or oatmeal (cooked) ½ cup pasta (cooked) ½ cup mashed potato ½ cup brown rice or quinoa (cooked) 1 slice wheat bread ½ English muffin ¾ cup dry, unsweetened cereal 1 corn tortilla (6 inch) ½ flour tortilla ½ hot dog/burger bun ¼ large bagel 4 inch pancake or waffle ½ cup corn 3 cups popcorn 5-6 crackers 12-15 chips 10 french fries	1 small fruit*: <ul style="list-style-type: none"> <li>○ Apple</li> <li>○ Pear</li> <li>○ Peach</li> <li>○ Orange</li> </ul> ½ medium banana (or 4 inches) 1 cup berries: <ul style="list-style-type: none"> <li>○ Strawberry</li> <li>○ Blueberry</li> <li>○ Raspberry</li> </ul> 1 cup melon: <ul style="list-style-type: none"> <li>○ Cantaloupe</li> <li>○ Honeydew</li> <li>○ Watermelon</li> </ul> 15 grapes or cherries ½ cup canned fruit in light syrup or juice ½ cup frozen fruit 2 Tbsp raisins 3 prunes  *Note: small = tennis ball sized	8 ounce milk 8 ounce plain yogurt 8 ounce yogurt with artificial sweetener  <i>Review nutrition label for almond, soy and rice milk and yogurt</i>	-----LIMIT----- ½ cup ice cream ¼ cup sherbet ½ glazed doughnut 6 vanilla wafers 2 oreo cookies ½ cup pudding, sugar free 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate kisses 1 Tootsie roll pop 4 oz fruit juice	Asparagus Green Beans Beets Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Mushrooms Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Fish Shellfish Chicken Turkey Beef Pork Lamb Tempeh Tofu Plain Greek Yogurt Cottage Cheese Eggs Nut butter (unsweetened) Nuts Seeds Edamame Cheese	UNSATURATED, MORE HEALTHY <ul style="list-style-type: none"> <li>○ Avocado</li> <li>○ Nut butter (unsweetened)</li> <li>○ Nuts</li> <li>○ Seeds</li> <li>○ Olive oil</li> <li>○ Canola oil</li> <li>○ Mayonnaise</li> <li>○ Vegetable oil</li> </ul> SATURATED, LESS HEALTHY <ul style="list-style-type: none"> <li>○ Bacon</li> <li>○ Butter</li> <li>○ Margarine</li> <li>○ Cream</li> <li>○ Cream cheese</li> <li>○ Gravy</li> <li>○ Sausage</li> <li>○ Shortening</li> <li>○ Sour cream</li> </ul>