

Food Groups

For better blood sugar control

Carbohydrates

Raise Blood Sugar

Best Grains

- Beans 
- Flaxseed meal
- Barley
- Lentils

Turn to "sugar" quickly

- Pastries
- Marmalade
- Condensed milk
- Soda / Juice
- Flavored beverages
- Donut
- Bagel
- Bread
- Pasta 
- Rice 
- Tortillas
- Cereal
- Honey
- Sugar
- Muffin

Fruits

Best



- Apples
- Strawberries
- Raspberries
- Blueberries
- Lemons

Very sweet

- Melon/ banana
- Mango
- Pineapple
- Watermelon
- Papaya
- Oranges




Milk

- 1-2% Milk / Plain Yogurt 



Proteins

Do Not Raise Blood Sugar

Low Fat Choices

- Chicken –white meat 
- Duck
- Tuna in water
- Egg or egg substitute "Egg Beaters" 
- Flounder 
- Cod
- Halibut
- Trout
- Salmon
- Cottage cheese low-fat
- Turkey ham
- Rabbit
- Deer & Buffalo
- Turkey sausages
- Tofu
- Mozzarella/Soft white cheese

Higher Fat Choices

- American cheddar, Swiss, Jack 
- Peanut Butter 

Fats

Do Not Raise Blood Sugar

Healthy Fats





Eat in small portions

- Canola oil 
- Olive oil
- Peanut Oil
- Fish Oil*
- Walnuts* 
- Peanuts
- Almonds
- Mixed nuts
- Avocado 
- Flaxseed*
- Chia Seeds

* Source of Omega-3

Non-Starchy Vegetables

Do Not Raise Blood Sugar

- Nopalitos 
- Cucumber
- Celery
- Carrots
- Broccoli 
- Chayote
- Jicama
- Radish
- Cauliflower
- Kale
- Eggplant 
- Lettuce
- Spinach
- Chilies 
- Green Onion
- Tomato
- Zucchini 
- Mushroom