

Nutrition Jump Start...

Start Here For Improved Blood Sugar Control

✓ Foods Not To Eat



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|---|---|---|--|--|
| <ul style="list-style-type: none"> • Cake • Cookies • Candy • Ice Cream • Pie • Chips • Sugar • Oatmeal | <ul style="list-style-type: none"> • Soda • Pastries • Jelly • Flavored Yogurt • Donuts • Bagels • Noodles | <ul style="list-style-type: none"> • Bread • Potato • Rice/Pasta • Tortilla • Cereal | <ul style="list-style-type: none"> • Oranges • Bananas • Melon • Peaches • Plums • Potato • Pineapple • Corn | <ul style="list-style-type: none"> • Grapes • Squash • Juice • Mango • Dried Fruit • Ketchup • Crackers • Sweet Potato |
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✓ Foods To Eat in Small Portions (1 servings per meal)



- ½ c. cooked beans
- ½ c. cooked lentils
- 7 small strawberries



- 1 cup milk

✓ Foods You Can Eat

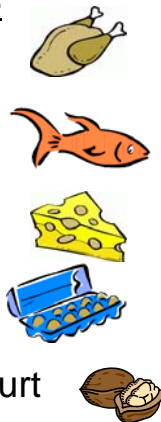
Fats

- Olive Oil
- Canola Oil
- Avocado
- Sour Cream
- Butter



Proteins

- Chicken
- Fish
- Beef
- Pork
- Turkey
- Cheese
- Eggs
- Plain Yogurt
- All Nuts
- Cottage Cheese



Fruits

- Lemons
- Limes
- Tomatoes
- Apples



Drinks

- Diet Beverages
- Water

Vegetables

- Lettuce/spinach
- Carrots
- Celery
- Mushrooms
- Green Beans
- Cucumber
- Broccoli
- Asparagus
- Cabbage
- Nopal/ Cactus
- Jicama



Note: Not an exhaustive list
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