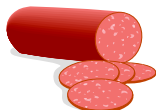


Proteins ~ In small amounts do not raise glucose

(805) 682-7638 x214

Protein High in Saturated Fats, Cholesterol and Calories ~ Avoid



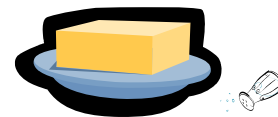
Salami



Sausage &
Regular hot
dog



Bacon



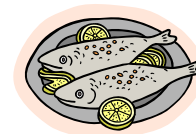
High Fat Cheeses:
American cheddar,
Monterey Jack, Swiss



Sea food
(High in cholesterol
but low in calories)

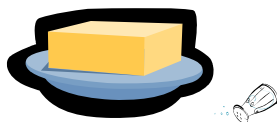


Red meats, ground
meats, ribs "Prime"



Fried Fish

Protein Moderate in Fats ~ Choose from time to time



Reduced Fat
Cheeses:
Parmesan, Mozza-
rella, Ricotta, Feta



Lamb
Beef,
Pork,
Leg

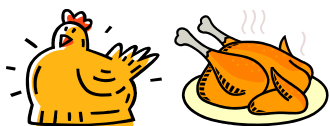


Chicken, turkey
dark meat, with skin

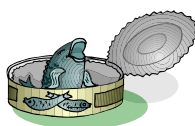


Fresh
Ham

Protein Low in Fats ~ Choose More Often



Skinless Chicken &
Turkey and white meats



Tuna in
water



Baked Fish
Cod, trout, halibut salmon



Venison



Egg whites or
substitutes



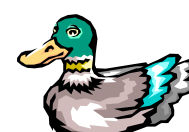
Low Fat Cottage
Cheese



Canadian
Bacon



Rabbit



Duck