

First Steps ~ Food and Blood Sugar

Start Here Eating Foods that Help Control your Blood Sugar

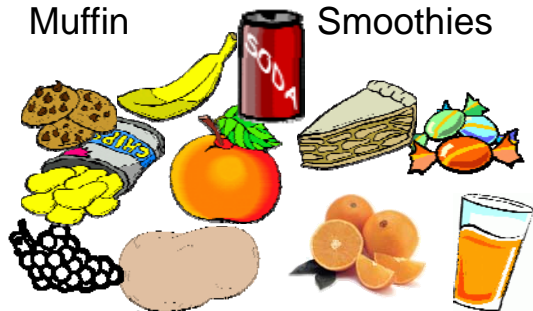
805-682-7638 x 214



No!

Carbohydrate Foods that Raise Blood Sugar

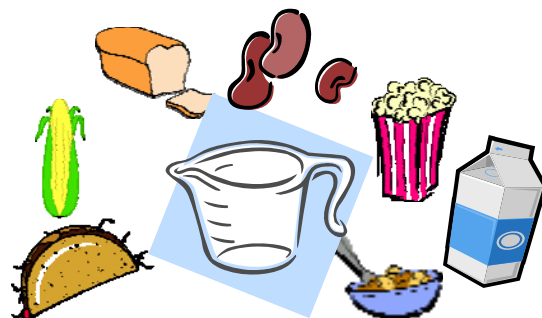
Banana	Oranges
Pastries	Melons
Candy	Cookies
Peach	Juice
Ice Cream	Potatoes
Grapes	Sugar
Chips	Mango
Ketchup	Regular Soda
Dried Fruit	Cherries
Sweet Bread	Mex. "concha"
Donuts	Honey
Marmalade	Bagel
Muffin	Smoothies



Little!

Foods with "Sugar" Eat Small Portions

1/2 cup Corn
1/2 cup Cereal with Fiber
1 cup Milk
4-6 Whole Wheat Crackers
1/2 cup Cooked Oatmeal
2 cups Popcorn
1/2 cup Cooked Beans
1/2 cup Cooked Lentils
1 Corn Tortilla
1/3 cup Cooked Rice
1/2 cup Cooked Pasta
1 Slice whole grain bread



Yes!

Foods You Can Eat That Do Not Raise Blood Sugar

Fish	Pork	Cheese
Chicken	Egg	Turkey
Meat	Lettuce	Tofu
Olive Oil	Butter	Nopales
Canola Oil	Mushrooms	Cilantro
Carrots	Tomatoes	Nuts
Asparagus	Sour Cream	Celery
Broccoli	Zucchini	Cabbage
Cottage Cheese	Collard Greens	Lemons
Strawberries	Cucumber	Jicama
Apples	Avocado	Radish
Flaxseed meal	Cinnamon	Peanut butter

