

Foods with NO CARBOHYDRATE (DO NOT raise blood sugar)

Blood Sugar Goals: Before Meals: 4.0-7.0; After Meals (2hr): 5.0-10.0



Vegetables

- Green or yellow beans
- Lettuce, cabbage, spinach
- Tomato
- Cucumber
- Cauliflower
- Broccoli
- Asparagus
- Celery
- Onions/garlic
- Peppers
- Sprouts
- Mushrooms
- Zucchini
- Radish
- Peas or Carrots - limit to 1 cup



Meat & Alternatives

- Beef, pork, veal, poultry, fish (size = palm of hand)
 - Eggs (1 large egg = 1 portion)
 - Peanut butter (2 Tbsp)
 - Cheese (20% MF or less; size of an eraser)
 - Cottage Cheese (1% or less) (1/2 cup)
 - Lentils and beans 1 cup = 15g carbohydrate
- Bake, roast, broil, or BBQ meats more often**
- Choose leaner meats and lower fat dairy products more often**



Fat (LIMIT to 1-2 servings per meal)

- Salad dressing (1 Tbsp)
 - Avoid creamy ones
 - Choose calorie wise or light
 - Mayonnaise (1 tsp)
 - Sour cream (1 tsp)
 - Non-hydrogenated margarine (1 tsp)
 - Canola or olive oil (1 tsp)
 - Nuts and seeds (limit to 1/4 cup); choose unsalted
- Fat can contribute to weight gain and increased cholesterol**

Carbohydrate Containing Foods (Foods that raise blood sugar)

Blood Sugar Goals

Before Meals: 4.0-7.0

After Meals (2hr): 5.0-10.0

Meal Goals

3-4 Carbohydrate choices per meal (45-60 grams)

0-1 Carbohydrate choices per snack (0-15 grams)

1 serving/choice =
15 grams carbohydrate (3 tsp sugar)



Grains & Starch

- 1 slice bread
- 1/2 cup corn
- 1/2 cup potato
- 1/2 cup cooked pasta
- 1/4 cup Kraft dinner
- 1/3 cup cooked rice
- 2/3 cup cereal (hot or cold)
- 1/4 muffin or bagel
- 1/2 English muffin, hot dog bun, hamburger bun
- 3 cups popcorn

Choose whole grain products more often



Fruit Choices

- 15 grapes or cherries
- 1 small banana, 1/2 large
- 1 cup blueberries
- 2 cups other berries
- 2 kiwis/apricots/plums
- 2 mandarin oranges
- 1/2 cup unsweetened apple sauce
- 1 cup melon (cantaloupe, watermelon, honeydew)
- 3/4 cup pineapple
- 1/2 mango
- 1 of the following:
 - Apple
 - Orange
 - Pear
 - Peach
 - Nectarine



Milk Choices

- 1 cup milk (skim or 1%)
- 1/2 cup chocolate milk
- 1 cup unflavored soy milk
- 1/2 cup flavored soy milk
- 1 cup yogurt (sweetened with aspartame or Splenda)