

<b>LIST 1</b> <b>THESE FOODS WON'T RAISE YOUR SUGAR AS LONG AS THEY ARE SUGAR FREE AND FAT FREE</b>	<b>LIST 2</b> <b>THESE ARE THE FOODS YOU CAN CHOOSE TO EAT THE MOST. HAVE THEM IN SMALL PORTIONS TO KEEP YOUR SUGAR LOW- THE CARBOHYDRATES ARE MARKED WITH AN *</b>	<b>LIST 3</b> <b>THESE FOODS CAN RAISE YOUR BLOOD SUGAR EVEN IN SMALL AMOUNTS</b> <b>These include all high sugar and high fat foods</b> <b>***watch for foods w/High Fructose Corn Syrup***</b>
<b><u>Vegetables, fresh, frozen, canned</u></b>	<b><u>*Starchy vegetables, boiled or steamed-no or little fat added</u></b>	<b><u>Meats - high fat</u></b>
Asparagus, fresh beets, broccoli,	*Acorn or any winter squash	Bacon, sausage, salt pork
Cabbage, cauliflower	*Corn, hominy, peas	Fried eggs, fried meats
Carrots, celery, cucumbers	*Potatoes, white or sweet, yams	Hot dogs, bologne
Green beans, green peppers	<b><u>*Other starchy foods</u></b>	Lunch meats cured w/sugar, etc
Lettuce, sprouts, mushrooms	*Bread - whole grains	<b><u>Fats</u></b>
Mustard or any greens	*Dried beans or peas	Gravy
Okra, onions, poke greens	*whole grain pasta-macaroni, noodles, brown rice	Butter, margarine, oil , mayonaise (more than 1 tsp)
Radishes, rhubarb, spinach	*whole grain crackers, snacks	<b><u>High fat dairy foods</u></b>
Tomatoes, vegetable juices	<b><u>Meats - baked, broiled, or boiled</u></b>	All cheeses (over 1 oz)
Wild onions, yellow beans	Chicken, fish, game meats	Processed cheese, cheese sauces
Yellow and spaghetti squash	Water packed fish & meats	Cream, creamed foods or soups
Zucchini	Extra lean lunch meats	Ice cream, reg. puddings
<b><u>Sugar free foods</u></b>	Lean beef and pork (steak, burgers)	Whole milk and 2%
Candy, hard (2), chewing gum	<b><u>Nuts</u></b>	Coffee creamers
Coffee, tea, Crystal Light, Koolaid	Nut butters - ck to make sure only contains the nuts and salt	<b><u>Other high fat foods</u></b> <b><u>*avoid trans fats*</u></b>
Jello	Dry roasted nuts	Chips, crackers - w/simple carbs
Jelly (1 tsp)	<b><u>*Dairy &amp; eggs - low fat</u></b>	Corn bread, dumplings, biscuits
Syrup	Cheese from skim milk	Any fried foods
Sugar substitutes	Cottage cheese - low or non fat	Nuts - roasted in oil
<b><u>Seasonings</u></b>	Eggs boiled or poached - no oil	Peanut butter - commercial brands
Flavorings (vanilla, almond, butter, walnut, peppermint, etc)	Eggbeaters scrambled or omelettes with use olive oil or Pam	Pies, cookies, frosted cakes, doughnuts, chocolate
Herbs, pepper, garlic or onion pwr	Lite margarine or butter	Grease and lard
Lemon or lime juice	Light mayonnaise	<b><u>High sugar foods</u></b>
Any spices	*Milk fat free, 1%	Cakes, cookies, candy, fried fruit
Vinegar	*Pudding - fat and sugar free	Fruit drinks, fruit juice, Hi-C, Tang, Gatorade, koolaid
<b><u>Other</u></b>	*Salad dressings (have regular kind)	Jellies, jams, honey, molasses, syrup
Club soda	*Yogurt - fat and sugar free	Popsicles
Cocoa powder	<b><u>*Fruits and juices</u></b>	Reg. Jello, pop,
Broth, low sodium	*Canned - use packed in own juice	Sugar, brown sugar, powdered
Avoid SF foods w/refined flours	*Fresh - small piece, ½ to 1 cup	<b><u>Other</u></b>
Limit diet soft drinks	*Juice - ½ cup	Beer, wine, hard liquor

# Choosing good foods

## Using the Foods List

Think about the foods you usually eat and find them on this list. For the ones that are not on the list, think which column they would fall into.

**To find out how certain foods affect your blood sugars, check your sugar 1 hour after beginning your meal. Foods from all 3 lists can effect everyone differently.**

Encourage your family to eat the foods that you do. Diabetes is a family disease and you can prevent your children from getting Diabetes by changing how they eat and helping them become more active. Boil, broil, bake, microwave, grill or steam your foods.

Fried or high fat foods raise blood sugar. **\*Read the ingredient list to see what is in the food you are choosing.**

**LIST 1:** You may eat as many vegetables and seasonings as you like. Limit sugar free jellies, candies, and syrups to 3 servings a day.

**LIST 2:** Eat a variety of these foods. Limit the amount you eat. **\*\*Read the label to see what a serving size is for each food.** See approximate serving sizes below:

<b>Starchy Foods:</b>	<b>Proteins:</b>
½ cup starchy vegetable	1 ounces** lean meat, fish, fowl, or pork
1 slice bread	**3-4 ounces of cooked meat is about the size
½ cup cooked cereal	of a deck of cards or the palm of your hand
½ to ¾ cup dry cereal	1 small hamburger or ½ of a whole chicken
½ cup macaroni or pasta	breast
<b>Fruits: 2 servings a day, eat w/a meal</b>	1 egg or ¼ cup eggbeaters
<b>consider having half portions at a time</b>	1 ounce lunch meat
½ cup or tennis ball size fruit	1 ounce hard cheese
½ banana or grapefruit	¼ cup cottage cheese - non or low fat
2 Tbs raisins	1 ounce nuts or 1 Tbs peanut or almond butter*
½ cup juice (make sure to ck sugar after)	*also counts as 1 Fat
<b>Dairy:</b>	<b>Fats: 3 servings a day *read labels*</b>
1 cup skim/non-fat or 1% milk	<b>choose <u>unsaturated</u> fats-avoid saturated</b>
1 cup plain yogurt or 6 oz fruit-nonfat/sugar free	1 tsp any oil (monounsaturated oils are best)
½ cup pudding - fat free/sugar free	2 tsp lo-fat marg or mayo/1 tsp reg. marg or mayo
1/3 cup powdered milk	salad dressings ck for carbs and serving size

**List 3:** It is best to have none or very little from this list. These foods make it harder for

you to keep your blood sugar and weight in control.