These foods make blood sugar go up. They contain carbohydrate. Carbohydrates give our bodies energy.

**Grains, Starchy Vegetables, and Beans**

Choose whole grains and high-fiber starchy vegetables, such as sweet potatoes, squash, and beans.

**Fruits, Fruit Juice**

Limit or avoid juice—eat whole fruit.

**Milk, Yogurt**

Choose plain yogurt and add fresh fruits for natural sweetness. Choose low-fat dairy.

**Desserts, Sweets, Candy, Soda**

Try to limit or avoid sweets. If you eat dessert, have a small portion and balance it with the starches in your meal. Soda and other sweet drinks make your blood sugar go up very fast. Choose water, seltzer water, or unsweetened iced herbal tea. You can add lemon for flavor as well.
These foods do not make blood sugar go up. Our bodies need lots of vegetables. We also need some protein and healthy fats in every meal and snack. Vegetables, protein, and healthy fats slow the absorption of sugar into the blood.

**VEGETABLES**

Vegetables are very good for you—vitamins, minerals, antioxidants, and fiber!

**PROTEIN**

Fish
Poultry
Lean red meat
Nuts & seeds
Tofu
Eggs

**FATS**

Olive Oil
Avocado
Nut Butter
Nuts & Seeds
Flaxseed
Low-Fat Cheese