

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