

Foods in the yellow group raise blood sugar

← 1 serving= 15 grams carbohydrate → ← These foods do not raise blood sugar →

Bread, Grains, and Starchy Vegetables	Fruit	Milk	Sweets	Non-Starchy Vegetables	Meat and Proteins	Fat
1 serving=	1 serving=	1 serving=	1 serving=	3-5 servings/day	4-6 oz. per day	Use very little
¼ large bagel 1 slice bread ½ hamburger or hot dog bun ½ English muffin ½ large biscuit 5-6 crackers 4 inch pancake or frozen waffle 1/3 cup rice or pasta ½ cup grits or oatmeal ¼ cup dry unsweetened cereal ½ cup bran cereal 10 French fries 12-15 chips ½ medium potato ½ cup mashed/boiled potato ½ cup dry beans/peas (cooked) ½ cup green peas ½ cup corn 3 cups popcorn	1 small piece of fruit: <ul style="list-style-type: none"> • Apple • Pear • Peach • Orange ½ large banana 1 cup melon cubes <ul style="list-style-type: none"> • Cantaloupe • Honeydew • Watermelon 1 cup berries <ul style="list-style-type: none"> • Strawberries • Blueberries • Raspberries 15 grapes or cherries ½ cup canned fruit in light syrup or juice 2 Tbsp. raisins 3 prunes 3-4 oz. fruit juice	8 oz. milk 6 oz. yogurt (artificially sweetened)	½ cup ice cream ¼ cup sherbet ½ glazed donut 6 vanilla wafers 2 Oreos ½ cup sugar-free pudding 2 inch unfrosted brownie 3 graham cracker squares 3 peppermints 5 chocolate kisses 1 Tootsie Roll Pop	1 serving= 1 cup raw or ½ cup cooked Asparagus Beans: Italian, wax, green Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Chicken Turkey Beef Pork Fish Shellfish Cheese Cottage cheese Eggs Peanut butter ↔ Nuts and seeds ↔	All fats are high in calories Unsaturated (healthier): Olive oil Canola oil Vegetable oil Soft margarine Mayonnaise Salad dressing Peanut butter ↔ Nuts and seeds ↔ Saturated (less healthy): Bacon Sausage Butter Cream Cream cheese Gravy Shortening Sour cream