



Diabetes: Balancing Meals

Education . . .
for your good health

Combining foods from the columns below may help to balance your blood glucose. Your Certified Diabetes Educator can help you determine the right portions for you to produce target blood glucose affected by your activity, medication, stress.

<u>Carbohydrates</u> <i>These foods provide nutrients and quick energy but also directly effect blood glucose. Distribute them throughout the day</i>	<u>PROTEIN/FAT</u> <i>These help you to feel full for a longer time.</i>	<u>NON-STARCHY VEGETABLES</u> <i>These vegetables contain few calories and plenty of fiber, vitamins, minerals and antioxidants. Enjoy these foods with little effect on glucose.</i>	
Beans, lentils, split peas Potatoes, yams, sweet potatoes Winter squash (butternut, acorn) Corn, peas Whole grains – barley, quinoa, faro Rice: brown (preferred), white, wild Fruit – fresh, frozen, dried Fruit – canned without sugar Whole grain cereal, multigrain Pasta (multigrain, whole grain) Tortillas (corn, whole grain) Whole grain bread, rolls, crackers Yogurt, plain or low sugar Milk, goat milk, soy milk, rice milk	Seafood – fresh, frozen (wild) Canned tuna, sardines, salmon Chicken, turkey Lean beef Lean pork, Canadian bacon Lamb, goat Eggs Cheese (cow, goat, sheep) Cottage cheese, ricotta cheese Tofu, tempeh Vegetarian “meats” soy products Nuts and seeds Nut butters (peanut, almond)	Artichoke Asparagus Bean sprouts Beets Bok Choy Broccoli Brussel sprouts Cabbage Carrots Cauliflower Celery Chard, collards Cucumber Eggplant	Green beans Kale Lettuce Mushrooms Onions Parsnips Peppers Radish Spinach Sugar snap peas Tomatoes Turnips Zucchini

- **Healthy fats (small portions, especially if you are overweight):** avocado, olives, olive oil, grapeseed oil, sesame oil, mayonnaise, nuts, seeds, oil dressing, coconut, ground flax seeds, chia.
- **Caution (high in sugar; low in nutrients):** candy, soda, fruit drinks, sports drinks, cookies, cakes, fruit rolls, pudding, ice cream, donuts, jello and alcohol beverages.
- **Caution (high in fat; low in nutrients):** fried foods such as chips, French fries, fried chicken and fish, nachos and ramen.