

These foods have low or no carbs. They won't raise your blood sugar (glucose) too much. *Fill up on these to stay satisfied and keep your blood sugar under control.*



Nuts/
Seeds



Cheese



Non-starchy
Vegetables



Chicken



Avocado



Oil



Eggs



Fish

CHOOSE THESE FOODS TO PROTECT YOUR HEALTH

Lean Protein (grilled, baked, broiled, or steamed)



Chicken



Fish



Eggs



Soy

Healthy Fats



Avocados



Olive oil



Nuts



Seeds

High Fiber Foods (25g/day for women; 38g/day for men)



Beans



Vegetables



Fruit



Whole
Grains

LIMIT: Saturated Fats (10-15g/day)



Red Meat



Butter



Bacon



Whole-fat
Dairy



Fried
Foods

LIMIT: Sodium (1500-2300mg/day)



Deli Meats



Soy Sauce



Processed
Foods



Frozen
Dinners



Salt

Notes:

