

DIETARY GUIDELINES FOR DIABETES

CARBOHYDRATE FOODS (RAISE BLOOD SUGAR)

STARCHES:

Potatoes
Corn
All soft beans and peas (black eyed peas,
Green peas, lima beans, pinto beans etc)
Crackers
Breads
Pasta
Rice
Hot/Cold Cereals
Snack Chips
Desserts
(SERVING: USUALLY 1 SMALL
PIECE ½ CUP OR 1 OZ.)

FRUITS:

Fresh
Frozen
Canned (In juice or water)
Juiced
Dried
(SERVING USUALLY 1 SMALL PIECE OR ½ CUP)

MILK PRODUCTS:

Regular Milk (Skim-Whole)
Buttermilk
Yogurt
Sugar-Free Pudding
(SERVINGS: 1 CUP REGARDLESS OF FAT)

DESSERTS:

Ice cream, cakes, cookies, candy
Read label for carbohydrate content

**SELECT HIGH FIBER CHOICES WHEN
POSSIBLE**

You may have _____ servings from
the carbohydrate list at each meal which is
_____ grams per meal. If you choose to
have snacks between meals you may have
one serving of carbohydrate or 15 grams.

NON-CARBOHYDRATE (Not Much Effect on Blood Sugar)

VEGETABLES:

Squash Asparagus
Okra Arthichoke
Broccoli Rutabagas
Cabbage Brussel Sprouts
Cauliflower
Tomatoes
Tomato Juice, V-8 juice
Lettuce, peppers, onions, mushrooms
Carrots
Beets
Cucumbers
Cabbage
Turnip Green, Spinach
Green Beans
(SERVINGS: 1 CUP RAW OR ½ CUP COOKED)

PROTEINS:

Unbreaded lean meats
Eggs
Low Fat Cheese
Peanut Butter

FATS: CHOOSE MONOUNSATURATED

Oils (Canola, Olive, or Peanut)
Margarine/Butter- Use oil based (Smart Balance,
Take Control)
Nuts/Seeds (Peanuts, Pecans, Almonds, and
Pistachios)
Canadian Bacon
Sour Cream: Fat Free
Salad Dressings/Mayonnaise

**DIET SODAS, COFFEE, UNSWEETENED TEA,
SUGAR-FREE JELLO, CRYSTAL LIGHT, SUGAR
FREE KOOLAID**

Each serving of carbohydrate contains 15
grams of carbohydrate regardless of size
of the serving