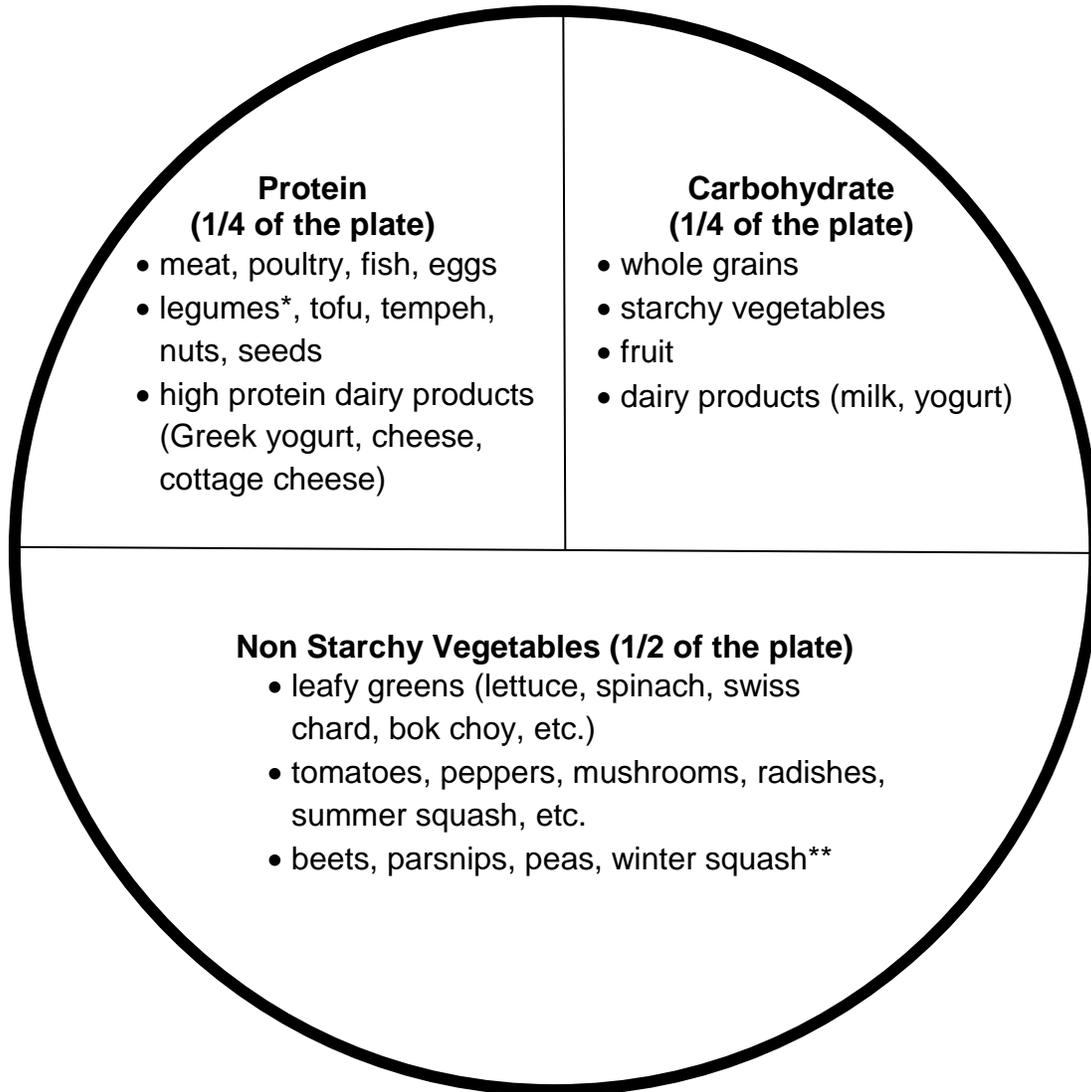


## Balancing Blood Sugars with Whole Foods

	<b>Foods to Choose More Often</b>	<b>Foods to Limit</b>
<b>Grains, Starchy Vegetables</b> 	<ul style="list-style-type: none"> <li>Whole grains (e.g. quinoa, oats)</li> <li>Parboiled or converted rice</li> <li>Sweet potatoes, new potatoes</li> <li>Winter squash</li> </ul>	<ul style="list-style-type: none"> <li>Short-grain, white rice</li> <li>Russet potatoes</li> <li>Deep fried products (e.g. French fries)</li> <li>Products with added sugar (e.g. cakes, sweetened cereals)</li> </ul>
<b>Legumes</b> 	<ul style="list-style-type: none"> <li>Dried peas, beans, and lentils</li> <li>Edamame (soy beans), soy nuts</li> <li>Peanuts, peanut butter (plain)</li> </ul>	<ul style="list-style-type: none"> <li>Baked beans in tomato sauce/molasses</li> <li>Bean chips, crackers</li> <li>Sweetened peanut butter</li> </ul>
<b>Milk, Yogurt, Alternatives</b> 	<ul style="list-style-type: none"> <li>Plain milk</li> <li>Plain yogurt</li> <li>Unsweetened, fortified dairy alternative (e.g. soy, almond milk)</li> </ul>	<ul style="list-style-type: none"> <li>Sweetened milk</li> <li>Sweetened yogurts</li> <li>Dairy based desserts (e.g. ice cream)</li> </ul>
<b>Fruit</b> 	<ul style="list-style-type: none"> <li>Whole fruit (e.g. berries, apples)</li> <li>Stewed fruit, no added sugar</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit</li> <li>Fruit juice</li> <li>Stewed fruit with added sugar</li> </ul>
<b>Meat, Fish, Poultry, Alternatives</b> 	<ul style="list-style-type: none"> <li>Fresh meat, fish, and poultry</li> <li>Canned fish</li> <li>Plain tofu, tempeh</li> <li>Plain nuts, seeds, and nut butters</li> </ul>	<ul style="list-style-type: none"> <li>Deli meat, sausages, bacon</li> <li>Frozen, breaded items (e.g. fish sticks)</li> <li>Dessert tofu</li> <li>Sweetened nut butter</li> </ul>
<b>Non-Starchy Vegetables</b> 	<ul style="list-style-type: none"> <li>Fresh, steamed, and stir-fried vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Avoid battered and deep fried vegetables (e.g. tempura)</li> </ul>
<b>Fats</b> 	<ul style="list-style-type: none"> <li>Fatty fish (e.g. salmon, trout)</li> <li>Nuts, seeds, natural nut butters</li> <li>Avocados</li> <li>Avocado oil, olive oil, canola oil</li> <li>Grape seed oil, sunflower oil</li> </ul>	<ul style="list-style-type: none"> <li>Highly processed foods</li> <li>Hard margarine/shortening</li> <li>Deep fried foods</li> <li>Coconut oil, butter</li> </ul>
<b>Beverages</b> 	<ul style="list-style-type: none"> <li>Water (sparkling or flat)</li> <li>Plain tea (herbal, black, green)</li> <li>Black coffee</li> <li>Sugar-free beverages</li> </ul>	<ul style="list-style-type: none"> <li>Soda pop, juice, sports drinks</li> <li>Flavoured milk</li> <li>Sugar sweetened coffee, tea drinks</li> <li>Alcohol</li> </ul>
<b>Snacks</b> 	<ul style="list-style-type: none"> <li>Fresh vegetables, plain yogurt, small portions of fruit, ¼ cup nuts, cheese, hard boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>Large portions of fruit, flavoured yogurt, chips, pretzels, candy, baked goods, sugary granola bars</li> </ul>
<b>Sugars &amp; Sweeteners</b> 	<ul style="list-style-type: none"> <li>Sugar free sweeteners:</li> <li>Sugar alcohols (Erythritol, Xylitol)</li> <li>Sweeteners (Stevia, Sucralose)</li> </ul>	<ul style="list-style-type: none"> <li>Syrups (maple, agave, brown rice)</li> <li>Fruit concentrates</li> <li>White and brown sugar</li> <li>Honey</li> </ul>

## Plan Balanced Meals

Use the healthy plate model (below) as a guide for food types and portion sizes. Know that blood sugar numbers **should not rise more than 2.0-3.0mmol/L** from before to 2 hours after your meal. If they do, you may need to reduce your portion size of **carbohydrate** rich foods.



\* Be aware that legumes are a starchy protein food. You may need to be mindful of what you pair them with.

\*\* Beets, parsnips, peas, and winter squash can raise blood sugars if eaten in larger quantities.