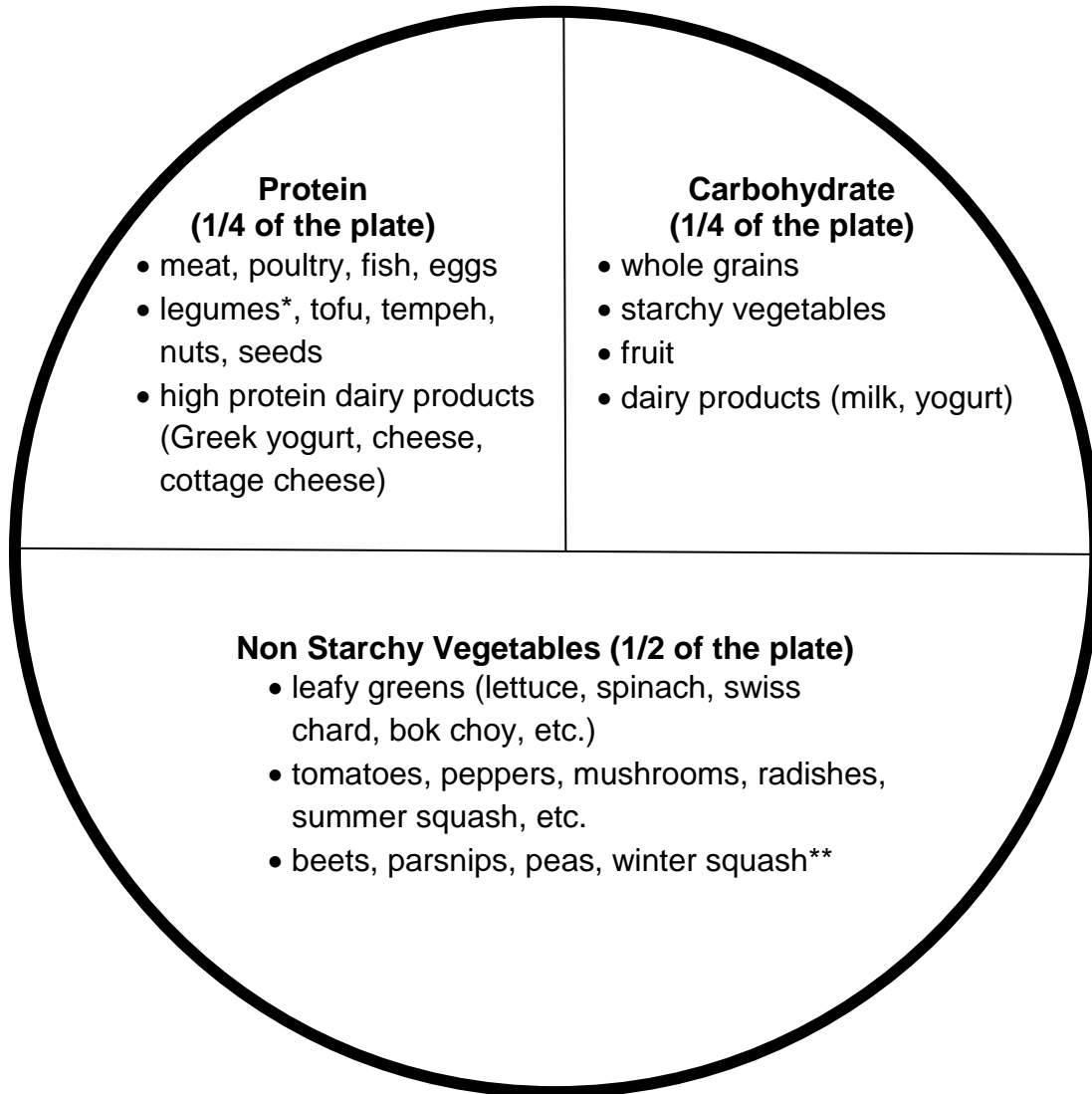


Balancing Blood Sugars with Whole Foods

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

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.