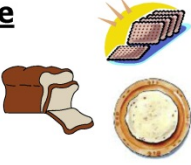























How Does Food Affect Blood Glucose?

Increases Blood Glucose	Little or No Increase in Blood Glucose	
<p><u>Carbohydrate</u></p> <p>Breads, crackers, roti, tortilla </p> <p>Cereals </p> <p>Grains (e.g. rice, barley, corn) </p> <p>Pasta, noodles </p> <p>Potatoes, corn, yams </p> <p>Fruits, juices </p> <p>Milk, yogurt </p> <p>Sweet foods, snacks </p>	<p><u>Protein</u></p> <p>Fish </p> <p>Poultry </p> <p>Meat </p> <p>Eggs </p> <p>Cheese, cottage cheese, plain Greek yogurt </p> <p>Beans & lentils* </p> <p>Tofu, soy beverage (unsweetened) </p> <p>Nuts, seeds, peanut butter, nut butters </p>	<p><u>Fats</u></p> <p>Oils, salad dressing </p> <p>Margarine, butter </p> <p><u>Most Vegetables**</u></p> <p></p> <p><u>Extras</u></p> <p>Water </p> <p>Coffee, tea </p> <p>Sugar-free pop </p>
<p>Balance meals to include proteins, vegetables and small amounts of fats at meals along with carbohydrates</p>		
<p>*Beans and lentils contain carbohydrate but raise blood glucose less than most other carbohydrate foods **Beets, parsnips, peas and winter squash can increase blood glucose if eaten in large amounts</p>		