



Increases Blood Sugars

Carbohydrates



Bread, Crackers, Wraps



Cereal, Oatmeal★



Rice, Pasta, Noodles, Barley★



Potato, Sweet Potato ★, Corn★, Beans★*



Milk, Yogurt



Fruit★, Fruit Juice (all types)



Chumus, Snacks, Soda, Honey, Sugar

Little or No Increase In Blood Sugar

Protein



Meat, Fish, Seafood, Eggs



Peanut Butter, Nuts, Seeds



Cheese, Greek Yogurt, Cottage Cheese



Beans, Lentils, Split Peas*



Tofu, Soy, Edamame Beans

Fats



Butter, Oil Avocado, Cream

Most Vegetables



Drinks



Water, Tea, Coffee, Soda Water, Infused Water

*beans and lentils contain carbohydrates and protein, but raise blood sugars less than other carbohydrates

★ many carbohydrate foods are also great sources of fibre. Fibre helps to lower blood sugars after a meal (fruit, whole grain bread, brown rice, beans, oats, corn)