

Struggling to fill your plate with blood-sugar friendly foods? Skip the starchy and processed foods on the left, and instead opt for these healthy choices on the right.

Healthy Picks for Diabetics

AVOID

SWEETS

Lemonade
Regular sodas
Sugar-sweetened teas

VEGETABLES

Potatoes
Peas
Corn

PROTEIN

Roasts
Dark meats
Bacon
Sausage
Fried meats

FRUIT

Bananas
Melons
Stone fruits

ENJOY

PROTEIN

Seafood
Turkey
Chicken
Lean beef
Pork tenderloin
Dairy foods
Beans
Soy protein

VEGETABLES

Salad greens
Carrots
Zucchini
Mushrooms
Sweet potatoes

FRUIT

Berries

SWEETS

Whatever you desire in a small quantity

Diet For Diabetics

Y Pai



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