



SUGAR FORMING FOODS



STARCHY FOODS

Bread, bannock and buns
Crackers
Muffins
Rice
Noodles, macaroni, spaghetti
Cereal and oatmeal
Potatoes, corn, popcorn
Chapati/roti, tortillas



FRUIT

Fresh fruit: apples, oranges, bananas, grapes, berries
Canned, frozen or dried fruit



MILK PRODUCTS

Milk
Chocolate milk
Yogurt



OTHER FOODS

White and brown sugar
Honey, jam and syrup
Candy and chocolate bars
Pie, cookies, donuts and cake
Ice cream, pudding
Pop, fruit juice
Ketchup
Fries, chips, granola bars



HEALTHY TIPS

- Choose whole grain wheat bread, bannock and buns.
- Have smaller portions of starchy foods at meals.
- Eat less foods from the other foods category.
- Drink water and unsweetened drinks.
- Avoid or limit alcohol.



NON-SUGAR FORMING FOODS



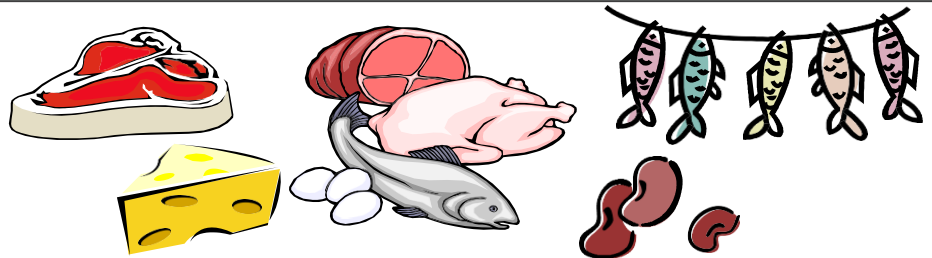
VEGETABLES

Broccoli	Cauliflower
Celery	Peppers—green
Beans	Radish
Yellow beans	Lettuce
Cabbage	Tomato
Cucumber	Onion
Carrots	Peas
Mushrooms	



PROTEIN FOODS

Fish	Chicken
Eggs	Wild meat
Pork	Dried meat
Beef	Dried fish
Cheese	Peanut butter
Kidney beans	Navy beans



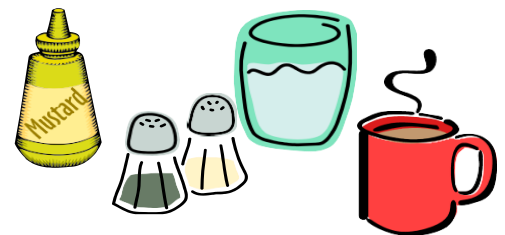
FATS

Margarine	Oil	Sour cream	Nuts
Butter	Lard	Salad dressing	
Shortening	Gravy	Mayonnaise	



OTHER FOODS

Broth	Water	Tea, Coffee
Vinegar	Soda water	Diet drinks
Herbs, Spices	Salt, Pepper	Sugar-Free Jell-O®
Mustard	Soya sauce	Sugar Twin®, Splenda®, Equal®, Stevia
My own:	_____	



HEALTHY TIPS

- Have more vegetables at meals and snacks.
- Cut fat off of meat and remove skin from chicken.
- Boil, bake, steam, airfry, pan fry instead of deep frying.
- Limit meats with high fat and salt such as sausage, bologna, salami, wieners and Klik®
- Use less fat and choose soft margarine or oil such as olive or canola.
- Use little or no salt when cooking and at the table.