

FOOD CHOICE CHART

for blood sugar control and a healthy life



Green Light Foods

(eat lots every day)

- **Vegetables** – especially leafy green vegetables
- **Legumes** – beans, peas, lentils
- **Fresh fruits** (or frozen or canned if no added sweeteners)
- **Unprocessed whole grains**
- Whole food fats – **nuts, seeds, olives, avocado, coconut**



Yellow Light foods

(eat sparingly)

- **Processed whole grains** – whole-wheat or whole-grain bread, whole grain pasta, whole grain crackers
- **Processed fruits and veggies**
- **Manufactured meat substitutes**
- **Virgin oils**
- **Low-fat dairy products**
- Cold-water fish & white meats



Red Light Foods

(stay away – or very rarely)

- **Refined grains, “enriched” flour**
- **White sugar, brown sugar, syrup**
- **Sodas, soft drinks**
- **Fried foods, chips**
- **Full-fat dairy** including cheese
- **Red meat** – beef, pork, mutton
- **Processed meat** – bacon, sausage, hot dogs

