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



- added sweeteners)Unprocessed whole grains
- Whole food fats nuts, seeds, olives, avocado, coconut

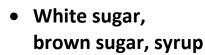
Yellow Light foods (eat sparingly)

- 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



- Sodas, soft drinks
- Fried foods, chips
- Full-fat dairy including cheese
- Red meat beef, pork, mutton
- Processed meat bacon, sausage, hot dogs







