

Our foods can be broken down into 3 categories:

Carbohydrate

Raises blood sugar

Starches:

Bread, rice, pasta,
cereal, chips,
crackers, oatmeal,
etc



Starchy vegetables:

Potatoes, corn, peas
and beans



Fruit and fruit juice



Milk and yogurt



Sweets:

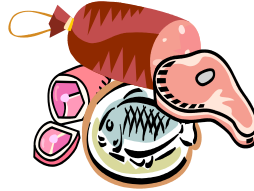
Cookies, cakes,
candy, pies, regular
soda, etc.



Protein

Does not raise blood
sugar

Meat
Poultry
Fish
Game



Eggs



Cheese



Cottage Cheese

Fat

Does not raise blood
sugar

Oil
Butter



Nuts



Peanut Butter
Mayonnaise



Cream Cheese
Sour Cream
Shortening