Foods that turn to sugar (Carbohydrates)

**NOTE:** This doesn’t mean these foods are unhealthy or that you should not eat them! It just means that you should be mindful of portions when choosing these foods. (See page 2)

**Starches & Grains**
- Legumes/Dal: lentils, beans, split pea, chickpea etc.
- Whole Grains - barley, oats, rye, spelt, quinoa, converted brown rice, buckwheat (Kasha), wheat
- Pasta/Noodles/Couscous: al dente/whole grain is best
- Bread: heavy mixed grain, whole grain, pumpernickel, sourdough rye, roti/chapati/tortilla, pita, sangak, lavash
- Crackers/biscuits: Ryvita®, Finn Crisp®, Triscuits®, high fibre whole-grain crackers
- Potato: sweet potato, red-skinned, new potato
- Cereal: steel cut oats, oat bran, whole grain cereals

**Sweet Vegetables**
- Beets
- Carrots
- Corn/polenta/popcorn
- Squash/Pumpkin
- Tomato sauce
- Parsnips
- Peas
- Plantain

**Fruit**
- Berries
- Cherries
- Plums
- Grapefruits
- Peaches
- Prunes
- Apples
- Pears
- Oranges
- Grapes
- Kiwi fruits
- Melons
- Bananas
- Pineapples
- Mangos
- Guavas
- Papayas
- Pomegranates

**Milk and Dairy**
- Milk: cow’s milk, plain soy, oat, coconut, or rice milk
- Yogurt and Kefir: plain/unsweetened

**Foods to Limit**
- Fruit juice/soda pop (except if treating low blood sugar)
- Added sugar (i.e. agave, honey, maple syrup, molasses, sugar, jelly and jams, condensed milk)
- Sweet foods (i.e. cakes, cookies, pastries, ice cream, candy)
- Fried foods (i.e. french fries, fried snack foods)

Foods that do not turn to sugar

**Protein Foods – eat at each meal & snack**
- Cheese: low-fat (18% MF or less) mozzarella, Babybel light®, Laughing Cow®, cottage cheese, ricotta etc.
- Eggs, egg whites, Egg Beaters® or egg substitutes
- Fish: fresh or canned fish - avoid fried or battered
- Meat and poultry: beef (choose lean cuts), veal, pork, wild game, chicken, turkey
- Vegetarian proteins: Tofu, meat substitutes
- Nuts and seeds: almonds, chia, walnuts, sunflower or pumpkin seeds, hemp seeds, natural nut butters
- Protein powder

**“Free” Vegetables – eat lots of these**
- Asparagus
- Wax beans
- Bean sprouts
- Bitter melon
- Broccoli
- Brussel sprouts
- Cabbage
- Celery
- Cucumber
- Leaky greens (bok choy, dandelion, spinach, kale, lettuce)
- Eggplant
- Endive
- Mushrooms
- Okra
- Onions
- Peppers
- Radicchio
- Radishes
- Rapini
- Spinach
- Swiss chard
- Tomato
- Turnip

**Fats & Oils - use sparingly, avoid frying**
- Oils (olive, canola, avocado, other nut/seed oils)
- Spreads (non-hydrogenated margarine, butter, mayonnaise)
- Salad dressings
- Other: Avocados, olives

**Beverages**
- Coffee or tea (no sugar)
- Sugar-free, diet soft drinks or drink mix
- Low-sodium soda water, mineral water
- Unsweetened almond milk
- Water with lemon slice

**Others**
- Herbs, seasonings: i.e. Mrs. Dash®, spices, pepper, mustard, vinegar
- Artificial sweeteners: Splenda®, stevia, sugar free jam
Breakfast, Lunch, Dinner

1/2 vegetables, 1/4 grains or carbohydrates and 1/4 lean protein (3 – 5 oz). You can finish with a glass of milk, an unsweetened yogurt or a small fruit.

The Healthy Meal Plate Method