

Choosing Foods

GREEN Can eat as much as you want	YELLOW Choose less often, in smaller amounts	RED Avoid or minimize
<p>All fruits (exceptions: dates, avocados, and durian)</p> <p>All non-starchy vegetables</p> <p>All starchy vegetables (potatoes, sweet potatoes, squash, and root vegetables)</p> <p>All legumes, including beans, peas, and lentils (exception: soybeans)</p> <p>Intact whole grains (minimally processed)</p> <p>Herbs and Spices</p> <p>Slide adapted from Mastering Diabetes https://www.masteringdiabetes.org/diabetes-nutrition-guidelines/</p>	<p>Whole grain or bean pastas</p> <p>Whole grain cereals</p> <p>Refined grains (ex: rolled oats, barley flakes, puffed rice)</p> <p>Whole grain breads and tortillas</p> <p>Avocados</p> <p>Nuts and Seeds</p> <p>Coconut Meat</p> <p>Soybeans and processed soy products including tofu and tempeh</p>	<p>All red meat (beef, lamb, ham, pork, bacon, veal, sausage)</p> <p>Processed meats (lunch meat, pepperoni, bacon, hot dogs, etc)</p> <p>All white meat (chicken, turkey)</p> <p>Fish (salmon, tuna, shellfish etc.)</p> <p>Eggs (both egg whites and egg yolks)</p> <p>All dairy products (cheese, milk, yogurt, butter, ghee, ice cream, sour cream etc.)</p> <p>All refined oils (olive oil, coconut oil, avocado oil, canola oil, etc.)</p> <p>All refined sugars (table sugar, evaporated cane juice, brown sugar, high fructose corn syrup, etc.)</p>