**MyPlate for Blood Sugar Control**

**Fruits**
- Fruits are a great source of vitamins, minerals and fiber! Be sure that canned fruit is packed in its own juice, rather than in syrup.
- Limit juices and dried fruits, which are very high in sugar and are easy to overconsume.

**Grains**
- Foods made from white flour (like white bread, pasta and baked goods) are rich in carbohydrates, but not much else. These carbs break down quickly in our body and spike our blood sugar.
- Whole grains are rich in fiber and protein, which help control blood sugar.
- Try 100% whole wheat bread and pasta, oatmeal and brown rice.

**Vegetables**
- All fruits and veggies count as carbs. Starchy veggies like potatoes, corn and peas have more carbs and will raise blood sugar more than non-starchy veggies like spinach, broccoli and peppers.
- Veggies are also high in fiber, which helps to keep blood sugar levels stable.

**Protein**
- Dairy foods contain carbs, fat and protein. Good options include low-fat milk and Greek yogurt. Yogurt can have lots of added sugar so check the label for a sugar content of about 10g or less.

**Dairy**
- Most protein foods do not contain carbs. But they can help to keep blood sugar levels stable.
- Pair carbohydrate-rich foods with proteins like fish, eggs, meat, beans and nuts!
Eating Right for Diabetes

Diabetes is a condition where levels of sugar in the blood are high. These sugars come from carbohydrate foods. Our bodies need carbohydrates to work properly.

Healthy carbohydrate foods include whole grains, fruits, veggies, yogurt, milk and legumes like beans and lentils. All carbohydrates break down to sugars in the body.

In healthy people, these sugars enter the cells and are used for energy. In people with diabetes, these sugars are unable to enter the cells and so remain in the bloodstream, resulting in high blood sugar.

High blood sugar is dangerous because it can damage organs like the eyes, heart, nerves and kidneys. The good news is you can use food to control blood sugar and help manage diabetes! Start today by using this MyPlate guide at meal time!

Don’t forget: Diet should be used in addition to doctor recommendations and medications!
People with diabetes may have difficulty controlling their blood sugar. Diet can help to do this.

Foods that raise blood sugar:

Carbohydrate rich foods made with white flour like white bread/rolls, bagels, white pasta, white rice pastries, pancakes, waffles, french toasted and some breakfast cereals, snack foods like pretzels and crackers

Starchy veggies like white potatoes (and french fries), corn, peas, squash, pumpkin, zucchini and yams

Food/drinks that are high in sugar like soda, juice or any sugar-sweetened beverage, candy and desserts (pastries, baked goods like cookies and cakes), even yogurt can be very high in sugar