

Recommended Foods for Balanced Blood Sugars

Low-Carb Foods



Artichokes



Avocado



Almonds



Beets



Blackberries



Blueberries



Brazil Nuts



Carrots



Cashews



Chia Seeds



Hazelnuts



Flax Seeds



Hemp Seeds



Hummus



Lemons



Limes



Macadamia Nuts



Olives



Onions



Peanuts



Pecans



Pine Nuts



Pistachios



Pumpkin Seeds



Raspberries



Strawberries



Sunflower Seeds



Tomato



Walnuts

Protein



Bacon



Cheese



Chicken



Eggs



Fish



Ground Beef



Steak



Ham (Unglazed)



Lamb



Pork



Salami



Shrimp



Turkey

Recommended Foods for Balanced Blood Sugars

Non-Starchy Vegetables



Arugula



Asparagus



Bean Sprouts



Bell Peppers



Bok Choy



Broccoli



Brussels Sprouts



Cabbage



Cauliflower



Celery



Collard Greens



Cucumbers



Eggplant



Garlic



Green Beans



Kale



Lettuce - Iceberg



Mushrooms



Radish



Lettuce - Romaine



Parsley



Spinach



Zucchini



Yellow Squash

Fats and Oils



Avocado Oil



Butter



Coconut Butter



Coconut Milk



Coconut Oil



Eggs



Lard



Heavy Whipping Cream



Mayo



Olive Oil



Sour Cream



Nut butter (without oil)