

## 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:

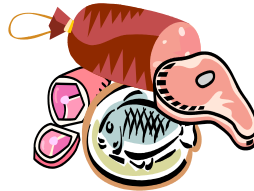
Cookies, cakes, candy, pies, regular soda, etc.



### *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