Protein:

Protein helps your body build muscle and support growth. These foods have very few carbohydrates, so they do not cause your blood sugars to increase.

- The serving size for meals is approx. 3 ounces (the size of a deck of cards).
- The serving size for snacks is approx. 1 ounce (the size of your thumb).

Beef  
Chicken or turkey  
Pork or ham  
Sausage  
Lamb  
Lunchmeat

Fish or seafood  
Egg/egg substitute  
Cottage Cheese  
Cheese  
Tofu  
Meat substitutes

Beans and legumes (source of carbs)  
Nuts and nut butters  
Plain Greek yogurt

Tips:
- Choose seafood 2-3 times per week
- Eat plant-based protein more often
- Keep it tasty & healthy by grilling, roasting, broiling, baking or use a slow cooker!

Fats:

Fats provide essential nutrients. Your body also needs fats to absorb certain vitamins. They have a neutral effect on sugars.

- Single serving sizes listed below.

Healthy  
Avocado, 2 tbsp  
Nuts, 4-6 each  
Seeds, 1 tbsp  
Peanut butter, 1 tbsp  
Olives, 8-10 each  
Olive Oil, 1 tsp  
Salad dressing, 1 tbsp

Less Healthy Fats  
Bacon, 1 slice  
Butter, 1 tsp  
Cream, 2 tbsp  
Cream cheese, 1 tbsp  
Sour cream, 2 tbsp  
Gravy, 2 tbsp  
Shortening, 1 tsp

Vegetables:

Vegetables are a good source of vitamins, minerals and fiber. They add color and flavor to meals. Non-starchy vegetables do contain small amounts of carbohydrates but will not raise your blood sugar unless you eat a large portion. Try to eat at least 3-5 vegetable servings each day.

- One serving of vegetables is ½ cup cooked or 1 cup uncooked.

Asparagus  
Green beans  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Cucumber  
Eggplant  
Greens  
Jicama  
Mushrooms  
Beans  
Okra  
Radishes  
Sauerkraut  
Spinach  
Tomatoes  
Pea Pods  
Peppers  
Carrots  
Cauliflower  
Zucchini  
Onion

Tips:
- Cook fresh or frozen vegetables in the microwave for a quick & easy dish.
- Pre-cut and pre-package your veggies for a snack when time is limited.
- Choose vegetables rich in color
- Stock up on canned vegetables labeled “reduced sodium”, “low sodium” or “no salt added”
- Try reduced or low sodium vegetable soups
- Ask for an extra side of vegetables when eating out
- Buy seasonal vegetables
- Try something new
- Try crunchy vegetables instead of chips
- Grill colorful vegetable kabobs