

Foods Lower in Carbohydrates



MARSHALL
MEDICAL CENTER

It's about you

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).

<i>Beef</i>	<i>Fish or seafood</i>	<i>Beans and legumes (source of carbs)</i>
<i>Chicken or turkey</i>	<i>Egg/egg substitute</i>	<i>Nuts and nut butters</i>
<i>Pork or ham</i>	<i>Cottage Cheese</i>	<i>Plain Greek yogurt</i>
<i>Sausage</i>	<i>Cheese</i>	
<i>Lamb</i>	<i>Tofu</i>	
<i>Lunchmeat</i>	<i>Meat substitutes</i>	

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.

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

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

