

## CARBOHYDRATE TYPE

PROTEINS			CARBOHYDRATES				OILS/FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE		FRUIT	NUT/SEED	OIL/FAT
light meats	light fish	non/low fat	whole grains only	high starch	low starch	all are okay	use sparingly	use sparingly
chicken breast	catfish	cheese		potato	beet green	apple	walnut	butter
cornish game hen	cod	cottage cheese	high starch	pumpkin	broccoli	apricot	pumpkin	cream
	flounder	kefir	amaranth	rutabaga	brussels sprout	berry	peanut	ghee
turkey breast	haddock	milk	barley	sweet potato	cabbage	cherry	sunflower	oils:
pork,lean	halibut	yogurt	brown rice	yam	chard	citrus	sesame	almond
ham	perch	eggs	buckwheat	moderate starch	collard	grape	almond	flax
only occasional lean red meat of restrict entirely	scrod	<b>LEGUMES</b>	corn	beet	cucumber	melon	cashew	olive
	sole	use sparingly	couscous	corn	garlic	peach	Brazil	peanut
	trout	high starch	kamut	eggplant	kale	pear	filbert	sesame
	tuna, white	dried beans	kasha	jicama	leafy greens	pineapple	pecan	sunflower
Every meal should contain a protein from these sources	turbot	lentils	millet	okra	onion	plum	chesnut	walnut
		low starch	oat	parsnip	parsley	tomato	pistachio	
		tempuh	quinoa	radish	peppers	tropical	coconut	
		tofu	rice	spaghetti squash	scallion	<b>LEGUMES</b>	hickory	
		<b>NUTS</b>	rye	summer squash	sprouts	high starch	macadamia	
		sparingly	spelt	yellow squash	tomato	dried beans		
			triticale	turnip	watercress	dried peas		
			wheat	zucchini		lentils		

\* Note: nuts are listed from highest to lowest protein content

Note: high starch foods are high glycemic foods (convert quickly to sugar) and thus are your **caution foods** if you have blood sugar problems.

