

# Level2 Carbohydrate Guide

Have you ever noticed a change in your energy levels after eating a meal high in carbohydrates? Maybe you feel sluggish and more tired than usual. There’s a reason for that. In this resource, we’ll explore what carbohydrates are, why your body needs them, and how to eat them the right way with practical tips and best practices.

## What are carbohydrates?

Carbohydrates (or carbs) are a type of nutrient that is found in many foods. It is one of the main sources of energy for your body. When we eat carbs, our bodies break them down into glucose, which is a type of sugar, and our blood glucose levels go up. A high carb meal will have a greater effect on blood glucose levels than a low carb meal. For this reason, understanding which foods have carbs and learning how many to eat is an important part of improving type 2 diabetes.

Insulin is a hormone made by the body to move glucose into the cells to be used for energy. When you have type 2, your body may not produce enough insulin or use the insulin you make effectively.

## What foods contain carbohydrates?

<b>Carbs = raise glucose</b>
Grains (pasta, bread, tortillas, oatmeal, cereal, ricecrackers)
Starchy vegetables (corn, peas, potatoes, sweet potatoes)
Beans, lentils
Fruits, juices
Milk, yogurt
Sweets, desserts, soda, some condiments and sauces, breading, beer and mixed drinks



## What are Macronutrients (Macros)?

The term macros is short for macronutrients. All foods fall into 3 types of macronutrients: carbohydrates, proteins and fats.

**Proteins** are made of building blocks called amino acids, which are essential nutrients. Eating protein does not raise glucose (also called blood sugar) because it does not contain carbohydrates.

Proteins that don't raise glucose
Meat
Fish
Eggs
Cheese
Tofu
Meat alternatives

**Fats** are composed of fatty acids, which are also essential nutrients. Healthy fat is an important part of a balanced diet.

Fats that don't raise glucose
Avocados
Nuts (almonds, brazil nuts, cashews, peanuts, pine nuts, pistachios, walnuts)
Oils (avocado, olive)
Butter
Nut butters
Olives

## How many carbs do I need to eat a day?

The amount of carbohydrates you need will depend on many factors, including your gender, age, weight, activity levels and any diabetes medications you may be taking.

At Level2, we recommend low carb eating to help improve glucose levels in addition to a healthy lifestyle. There are different ways to achieve this, such as using the Level2 low carb plate method, or some people may choose to count their carbs.

General Carb Recommendations	Per meal	Per snack
<b>Female</b>	30-45 g carbs (or 2-3 carb choices)	15 g carbs
<b>Male</b>	45-60 g carbs (or 3-4 carb choices)	15 g carbs

Your care team can help provide specific recommendations. We will consider things like your medications along with your continuous glucose monitor (CGM) data to help determine the best amounts.

**IMPORTANT:** A note about very low carb eating. Some people may choose to eat even less carbs, but we recommend talking with your local provider, Level2 provider, or registered dietitian beforehand to make sure this is safe for you.

### Level2 Low Carb Plate Method:

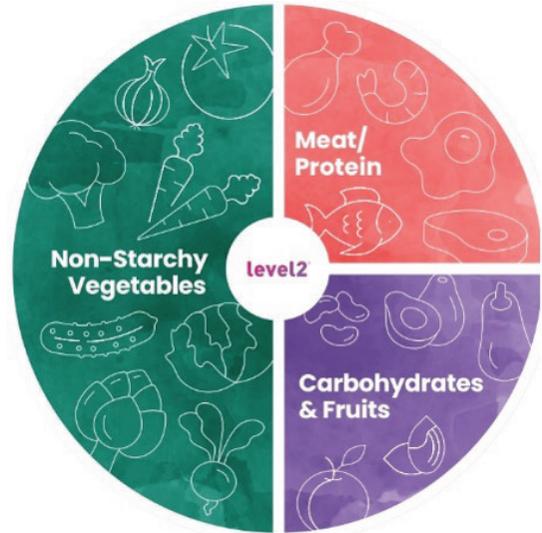
Use this to help manage your portion of carbs and also for balanced healthy eating. Did you know? Carbs are only part of the story. How you eat carbs also impacts your blood sugar.

The plate method helps you control your **portion sizes** and balance carbs with other foods on your plate. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner.

## Level2 Low Carb Plate Method (continued):

### Start with a 9-inch plate.

- **Half (1/2)** of your plate should be non-starchy vegetables
- **One quarter (1/4)** of your plate should be meat or other protein
- **One quarter (1/4)** of your plate should be a grain or other starch



## Resources

### Level2 Low Carb Plate – Food List:

Available [here](#).

### Portion Sizes:

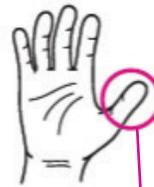
Use this quick guide to estimate portion sizes.



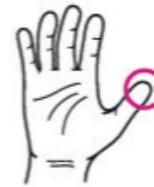
A fist is about 1 cup or 30-45 grams of carbs for foods such as cooked rice, pasta, cereal or potatoes.



Your palm is about 3 oz of cooked and boneless meat.



Your thumb is about 1 tablespoon of regular salad dressing, or other fats such as spreads, mayo and oils.



Your thumb tip is about 1 teaspoon of fats such as spreads, mayo and oils.

## Best practices

- **Try to limit carbohydrates with added sugars or refined grains**, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or nonfat milk.
- **Food order matters.** Try to eat protein, fat and non-starchy vegetables before carbs to reduce high rises in glucose.
- **Observe your CGM** before and after you eat to see how foods affect your glucose levels.
- **No naked carbs!** Dress your carbs with protein and fat, they digest slower and will give your body more time to process the carbs. Examples: Apple slices with peanut butter, whole grain crackers with cheese.

## What about snacks?

When you choose to snack, think of it as very similar to the concepts of the diabetes plate method. You want to be mindful of portion sizes and combine different food groups to support your glucose. It can be a great way to increase food groups such as more veggies, fruits, proteins, and healthy fats. These foods can fill you up and give you an energy boost.

### Some common snack combinations include:

- Protein + Healthy Fat
- Protein/Healthy Fat + Carb
- Protein/Healthy Fat + Vegetable

### Some common snack foods to try:

- Cottage cheese + fruit or vegetables
- Apple or celery + nut butter
- Raw vegetables + hummus
- Plain or low carb greek yogurt + nuts or fruit
- String cheese + fruit
- Rice cake + nut butter
- Lean low sodium deli meat wrapped around string cheese
- Whole grain crackers with cheese or nut butter

As a guide, a common snack portion size recommendation is 15 grams of carbohydrates. Continue reading to learn more about carbohydrate counting and what food portions are equal to 15 grams of carbs.

## Carb counting

Carbohydrate counting is a meal planning tool for people with diabetes that involves keeping track of the amount of carbohydrates you eat and drink each day. If you take insulin, it can also help you know how much insulin to take with meals. Your health care team can help you create a personal eating plan that will best meet your needs.

### Should I eat the same amount of carbs at each meal?

#### Consistency with carb intake

If you use diabetes medications or insulin, it may be important to eat the same amount of food and carbohydrate at the same time each day. Doing this can help keep your blood sugar in target range and help prevent it from going too high or too low.

#### Flexibility with carb intake

If you take mealtime insulin and your insulin plan includes varying doses based on how much carbohydrate you are eating (carb to insulin ratio), accurate carb counting can help you determine how much insulin to take.

### How to get started counting carbs:

#### Know which foods contain carbohydrates.

<b>Carbs = raise glucose</b>
Grains (pasta, bread, tortillas, oatmeal, cereal, ricecrackers)
Starchy vegetables (corn, peas, potatoes, sweet potatoes)
Beans, lentils
Fruits, juices
Milk, yogurt
Sweets, desserts, soda, some condiments and sauces, breadings, beer and mixed drinks

## How to get started counting carbs (continued):

### Understand how to measure carbohydrates in grams or servings.

The amount of carbohydrates in foods is measured in grams: 15g = 1 carb serving.

Grams of carbs	Serving size
15 g	1 carb serving
30 g	2 carb servings
45 g	3 carb servings

### Ways to count carbs:

- 1 Food label
- 2 Carb counting list
- 3 Food data base or food logging app

## Food label reading

### How do I count carbs when foods have a label?

When reading labels, start by looking at your **total carbohydrates & serving size**. If you have double the serving size, you would need to double your total carbohydrates.

Be aware of terms like “sugar free” or “no added sugar”. This doesn’t necessarily mean the food is no or low carb.

Nutrition Facts	
Serving Size 8 Crackers (28g)	
Amount per serving	
Calories 120	Fat Calories 30
% Daily Value	
<b>Total Fat 3.5g</b>	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 140mg</b>	6%
<b>Total Carbohydrate 22g</b>	7%
Dietary Fiber 1g	3%
Sugars 7g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

Check the serving size: 8 crackers. Is that how much you plan to eat?

This number — 28 g — is the weight of the crackers, not the amount of carbs in the serving.

Count total carbs.

You don't need to count sugars separately because they are already counted as part of the total carbs.

## No food label? Use food lists to count carb choices.

**One carb choice = 15 g carbs.**

<b>Cereals</b>	<b>One carb choice = 15 g carbs</b>
Bran cereal (flakes, twigs, buds)	1/2 cup
Cooked cereals (oats, oatmeal)	1/2 cup
Granola cereal	1/4 cup
Grits, cooked	1/2 cup
Muesli	1/4 cup
Puffed cereal	1 & 1/2 cups
Shredded wheat, plain	1/2 cup
Sugar-coated cereal	1/2 cup
Unsweetened, ready-to-eat cereal	3/4 cup

<b>Breads</b>	<b>One carb choice = 15 g carbs</b>
Bagel	1/4 bagel (1 oz)
Biscuit	2.5" across
<b>Loaf Type Bread</b>	
White, Whole Wheat, Pumpernickel, Sourdough, Rye	1 slice or 1 oz
<b>Flat Type Bread</b>	
Chapatti, Ciabatta, Naan, Roti	1 oz
Dosa	10" across
Pita	1/2 pita, 6" across
Sandwich flat buns, whole wheat	1 bun including top and bottom
<b>Taco Shell</b>	
Taco, corn	2 taco shells (each 5" across)
Tortilla, flour (white or wheat)	1 small tortilla, 6" across or 1/3 of a large tortilla, 10" across
Bun, hot dog or hamburger	1/2 bun or 1 oz
English muffin	1/2 muffin
Corn bread	1 & 3/4" cube or 1.5 oz
Pancake or waffle	1 whole (4" across)
Roll, plain	1 small roll (1 oz)

<b>Grains</b>	<b>One carb choice = 15 g carbs</b>
Barley	1/3 cup
Couscous	1/3 cup
Millet	1/3 cup
Polenta	1/3 cup
Quinoa	1/3 cup
Rice (all colors and types)	1/3 cup
Bulgar	1/2 cup
Kasha	1/2 cup
Tabouli	1/2 cup
Wild Rice	1/2 cup
Pasta (white or whole wheat)	1/3 cup

<b>Beans, Peas, and Lentils</b>	<b>One carb choice = 15 g carbs</b>
Baked beans, canned	1/3 cup
Beans (black, garbanzo, kidney, lima, navy, pinto, white) cooked or canned, drained and rinsed	1/2 cup
Lentils (any color)	1/2 cup
Peas (black eyed and split), cooked or canned, drained and rinsed	1/2 cup
Refried beans, canned	1/2 cup
Hummus	1/3 cup
Chickpea flour	1/3 cup
Dhal, cooked	1/2 cup



<b>Starchy Vegetables</b>	<b>One carb choice = 15 g carbs</b>
Corn	1/2 cup
Corn on the cob	4" to 4.5" piece (1/2 large cob)
Mixed vegetables with corn or peas	1 cup
Marinara, paste or spaghetti sauce	1/2 cup
Parsnips	1/2 cup
Peas, green	1/2 cup
Plantain	1/3 cup
Potato	
Baked with skin	1/4 large potato (3 oz)
Boiled, all kinds	1/2 cup or 1/2 medium potato (3 oz)
Mashed, with milk and fat	1/2 cup
French-fried (oven baked)	1 cup (2 oz)
Pumpkin puree	3/4 cup
Squash, winter (acorn, butternut)	1 cup
Yam or sweet potato, plain	1/2 cup (3.5 oz)
Cassava	1/3 cup
Hashbrowns	1/2 cup

<b>Non-Starchy Vegetables</b>	<b>1 serving = 5 grams</b>
Asparagus	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Beets	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Broccoli	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Carrots	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Cauliflower	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Eggplant	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Green beans	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Greens (collard, dandelion, mustard, purslane, turnip)	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Mushrooms	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Onions	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Pea pods	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Peppers	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Salad greens (lettuce, romaine, spinach, arugula)	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Spinach	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Squash	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice
Tomatoes	1 cup raw, 1/2 cup cooked, 1/2 cup vegetable juice

<b>Fruits</b>	<b>One carb choice = 15 g carbs</b>
Apple	1 small (4 oz)
Applesauce, unsweetened	1/2 cup
Banana	1 extra small (4 oz)
Blackberries	1 cup
Blueberries	3/4 cup
Cantaloupe	1 cup diced
Cherries	12 cherries
Dates	1 large medjool date or 3 small deglet noor dates
Dried fruit	3 tbsp
Grapefruit	1/2 large (5.5 oz)
Grapes	17 grapes (3 oz)
Kiwi	1/2 cup diced
Mango	1/2 cup or 1/2 small mango (5.5 oz)
Mandarin oranges, canned	3/4 cup
Nectarine	1 medium (5.5 oz)
Orange	1 medium (6.5 oz)
Papaya	1/2 papaya (8 oz) or 1 cup cubed
Peach	1 medium (6 oz) or 1/2 cup canned
Pineapple	3/4 cup fresh or 1/2 cup canned
Raspberries	1 cup
Strawberries	1 & 1/4 whole berries
Watermelon	1 & 1/4 cups diced
Fruit juice	1/2 cup

<b>Snack Foods</b>	<b>One carb choice = 15 g carbs</b>
Rice cakes	2 cakes (4" across)
Popcorn	3 cups
<b>Crackers</b>	
Graham crackers	3 squares
Saltine-type	6 crackers
Sandwich-style, cheese or peanut butter	3 crackers
Oyster	20 crackers
Whole-wheat	5 regular or 10 thins
Round type, butter type	6 crackers
Animal	8 crackers
Matzo, all shapes and sizes	3/4 oz
Pretzels	3/4 oz
<b>Chips</b>	
Baked (potato, pita)	8 chips (3/4 oz)
Regular (tortilla, potato)	13 chips (1 oz)

<b>Milk</b>	<b>One carb choice = 12 g carbs</b>
Milk, fat free or low fat	1 cup
Fat free plain yogurt	2/3 cup (6 oz)
Fat free artificially sweetened yogurt	2/3 cup (6 oz)

<b>Sweets</b>	<b>One carb choice = 15 g carbs</b>
Brownie (small, unfrosted)	1 oz
Cake (unfrosted)	1 oz
Chocolate chip cookies	2 cookies, 2 & 1/4" across
Sugar-free cookies	1 large or 3 small cookies
Yogurt, frozen	1/2 cup
Ice cream	1/2 cup
<b>Syrup</b>	
Chocolate	1 tbsp
Light (pancake type)	2 tbsp
Regular (pancake type)	1 tbsp
Honey	1 tbsp
Agave	1 tbsp
Jam or jelly (regular)	1 tbsp
Sugar	1 tbsp
Sports drinks	1 cup
Regular soda	1/2 cup
<b>Sweets</b>	<b>TWO carb choice = 30 g carbs</b>
Cupcake (frosted)	1 small
Sherbert	1/2 cup
Rice pudding, sweet rice with milk	1/2 cup
Pudding	1/2 cup
Pie, pumpkin	1/8 of 8" pie
Chocolate milk	1 cup
Doughnut, glazed	2-3 oz.

<b>Combination Foods</b>	<b>Serving Size</b>	<b>Carb Amounts</b>
Burrito (beef and bean)	1 burrito	45 g CHO (3 carb choices)
Casserole-type entrees (tuna noodle, lasagna, spaghetti and meatballs, chili with beans, macaroni and cheese)	1 cup (8 oz)	30 g CHO (2 carb choices)
Soup (tomato, cream, broth types)	1 cup (8 oz)	15 g CHO (1 carb choice)
Stew (beef/other meats & vegetables)	1 cup (8 oz)	15 g CHO (1 carb choice)
Pizza, thin crust	1/4 of 12-inch pizza (5 oz)	30 g CHO (2 carb choices)
Potato or macaroni/pasta salad	1/2 cup	30 g CHO (2 carb choices)
Hamburger, regular	1 burger (3.5 oz) with bun	30 g CHO (2 carb choices)
Noodles and vegetables in sauce (chow mein, lo mein)	1 cup	30 g CHO (2 carb choices)
Meat, fish, or poultry stir-fried with vegetables	1 cup (6 oz)	15 g CHO (1 carb choice)
Chicken nuggets or tenders	6 pieces (about 3.5 oz)	15 g CHO (1 carb choice)
Chicken breast, breaded and fried	1 chicken breast (about 7 oz with bone and skin)	15 g CHO (1 carb choice)
Breakfast sandwich, biscuit or english muffin variety (with egg, meat, and cheese)	1 sandwich	30 g CHO (2 carb choices)
Chili beef and bean	1 cup	30 g CHO (2 carb choices)
Submarine sub	1 6-inch sub	45 g CHO (3 carb choices)

<b>Condiments</b>	<b>Serving Size</b>	<b>Carb Amounts</b>
Ketchup	1 tbsp	5 g
Barbeque sauce	1 tbsp	5 g
Salad dressing	1 tbsp	5 g
Teriyaki sauce	2 tbsp	5 g
Honey mustard	2 tbsp	5 g
Flavored coffee creamers	1 tbsp	5 g
Marinara sauce	1/2 cup	15 g
Soy sauce	1 tbsp	5 g
Salsa	1/4 cup	5 g

**Carb-free foods**

Non-starchy vegetables

Lemon, vinegar

Herbs and spices

Sugar substitutes  
(stevia, aspartame, monk fruit)

**Foods with hidden carbs**

Condiments, sauces

Vitamins, cough syrup, emergen-c

Flavored water, sports drinks

Breading

Protein bars

Flavored yogurts

Milk alternatives (almond milk, soy milk, etc.)

Beer and mixed drinks

Processed foods

**Other ways to count carbs:**

- Online food data base such as Calorie King
- Food logging apps such as My Fitness Pal, Lose It, My Net Diary, etc.
- Restaurant or company websites

## Example of a day eating with carb counting

Breakfast	
1/2 cup of oatmeal	1 serving of carbs, 15 g CHO
1/2 cup of milk	1/2 serving of carbs, 6 g CHO
1/2 cup of blueberries	1/2 serving of carbs, ~8 g CHO
<b>Total CHO per meal</b>	<b>29 g CHO</b>

Lunch	
2 slices of whole wheat bread	2 servings of carbs, 30 g CHO
4 oz. deli meat	0 carb servings, 0 g CHO
1 slice of cheese	0 carb servings, <1 g CHO
1 slice of tomato, 1 cup of celery and carrots	1 serving of non-starchy veggies, 5 g CHO
<b>Total CHO per meal</b>	<b>35 g CHO</b>

Snack	
Small apple	1 serving of carbs, 15 g CHO
1 tbsp of peanut butter	0 carb servings, <1 g CHO
<b>Total CHO per meal</b>	<b>15 g CHO</b>

Dinner	
1 cup of spaghetti with meatballs	2 servings of carbs, 30 g CHO
1 slice of Texas toast	1 serving of carbs, 15 g CHO
<b>Total CHO per meal</b>	<b>45 g CHO</b>

Snack	
1/2 cup of cottage cheese	1/2 serving of CHO, 5 g CHO
2 whole strawberries	0 carb servings, <5 g CHO
<b>Total CHO per meal</b>	<b>~7 g CHO</b>

Beverages	
1 cup of coffee	0 carb servings, 0 g CHO
1 tsp of sugar	0 carb servings, <5 g CHO
<b>Total CHO per meal</b>	<b>&lt;5 g CHO</b>

**Total Carbs for Whole Day = 136 g CHO**

## Other helpful resources

### Food List for Level2 Low-Carb Plate:

[Download here](#)



## Food List for Level2 Low-Carb Plate



<p><b>Non-Starchy Vegetables</b></p> <ul style="list-style-type: none"> <li>Artichoke</li> <li>Arugula</li> <li>Asparagus</li> <li>Bok choy</li> <li>Broccoli</li> <li>Brussel sprouts</li> <li>Cabbage</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Collard greens</li> <li>Cucumber</li> <li>Eggplant</li> <li>Endive</li> <li>Green beans</li> <li>Kale</li> <li>Lettuce, romaine</li> <li>Mushrooms</li> <li>Mustard greens</li> <li>Okra</li> <li>Onions</li> <li>Pepper, green</li> <li>Radishes</li> <li>Rutabaga</li> <li>Snow peas</li> <li>Spinach</li> <li>Tomatoes</li> <li>Turnip</li> <li>Turnip greens</li> <li>Zucchini</li> </ul>	<p><b>Proteins &amp; Fats</b></p> <p><b>Meat</b></p> <ul style="list-style-type: none"> <li>Beef (steak, brisket, flank, prime rib)</li> <li>Chicken</li> <li>Duck</li> <li>Goat</li> <li>Lamb</li> <li>Pork</li> <li>Turkey</li> </ul> <p><b>Fish</b></p> <ul style="list-style-type: none"> <li>Fish (cod, salmon, sardines, and tuna)</li> <li>Seafood (shrimp, crab, lobster, scallops, octopus, squid, etc.)</li> <li>Shellfish (mussels, oysters, clams, etc.)</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>Almond milk (or other nut milks)</li> <li>Cheese</li> <li>Plain Greek yogurt</li> </ul> <p><b>Eggs</b></p> <ul style="list-style-type: none"> <li>Eggs/egg whites</li> </ul> <p><b>Vegetarian</b></p> <ul style="list-style-type: none"> <li>Seeds (hemp, chia, sunflower, pumpkin, etc.)</li> <li>Seitan</li> <li>Tempeh</li> <li>Tofu</li> </ul> <p><b>Healthy Fats</b></p> <ul style="list-style-type: none"> <li>Coconut</li> <li>Green olives</li> <li>Nuts (almonds, brazil nuts, cashews, peanuts, pine nuts, pistachios, walnuts)</li> <li>Nut butter</li> <li>Oils (avocado, olive)</li> </ul>	<p><b>Carbohydrates &amp; Fruit</b></p> <p><b>Whole Grains</b></p> <table border="0" style="width: 100%;"> <tr> <td>Quinoa</td> <td>Barley</td> </tr> <tr> <td>Whole grain bread</td> <td>Bulgur</td> </tr> <tr> <td>Whole grain pasta</td> <td>Sprouted grain bread</td> </tr> <tr> <td>Tortillas</td> <td>Teff</td> </tr> <tr> <td>Brown rice</td> <td>Polenta</td> </tr> <tr> <td>Oats/oatmeal</td> <td>Wild rice</td> </tr> </table> <p><b>Starchy Vegetables</b></p> <table border="0" style="width: 100%;"> <tr> <td>Butternut squash</td> <td>Parsnips</td> </tr> <tr> <td>Corn</td> <td>Pumpkin</td> </tr> <tr> <td>Green peas</td> <td>Sweet potato</td> </tr> </table> <p><b>Beans and Peas</b></p> <table border="0" style="width: 100%;"> <tr> <td>Beans (black, lentils, kidney, pinto)</td> <td>Black-eyed peas</td> </tr> <tr> <td>Chickpeas</td> <td>Edamame</td> </tr> </table> <p><b>Fruits</b></p> <table border="0" style="width: 100%;"> <tr> <td>Fresh berries (black berries, cherries, raspberries)</td> <td>Orange</td> </tr> <tr> <td>Apple</td> <td>Grapefruit</td> </tr> <tr> <td>Kiwi</td> <td>Blueberries</td> </tr> <tr> <td>Pear</td> <td>Mango</td> </tr> <tr> <td>Peach</td> <td>Grapes</td> </tr> <tr> <td>Plantain</td> <td></td> </tr> <tr> <td>Plum</td> <td></td> </tr> <tr> <td>Strawberries</td> <td></td> </tr> <tr> <td>Apricots</td> <td></td> </tr> </table> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>Milk</li> <li>Yogurt</li> </ul>	Quinoa	Barley	Whole grain bread	Bulgur	Whole grain pasta	Sprouted grain bread	Tortillas	Teff	Brown rice	Polenta	Oats/oatmeal	Wild rice	Butternut squash	Parsnips	Corn	Pumpkin	Green peas	Sweet potato	Beans (black, lentils, kidney, pinto)	Black-eyed peas	Chickpeas	Edamame	Fresh berries (black berries, cherries, raspberries)	Orange	Apple	Grapefruit	Kiwi	Blueberries	Pear	Mango	Peach	Grapes	Plantain		Plum		Strawberries		Apricots	
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## Other helpful resources (continued)

### **Diabetes Food Hub:**

Resource provides recipes and meal planning help.

[Access here](#)

### **ADA Snack List:**

American Diabetes Association list of snacks.

[Access here](#)

### **What Can I Eat? Smart Snacks by the ADA:**

Smart snack ideas from the American Diabetes Association.

[Access here](#)

*Be sure to check with your PCP, Level2 provider or dietitian to determine how many carbs you should be eating per day.*

*Also be sure to check with your provider before starting a new diet.*