

DIABETIC SUPERFOODS

Recommended Serving Sizes for Blood Sugar Management

FOOD GROUP / ITEM	STANDARD SERVING SIZE	KEY BENEFIT
Non-Starchy Vegetables		
Leafy Greens (Spinach, Kale)	2 Cups (Raw) / 1 Cup (Cooked)	Low Glycemic Index
Broccoli / Cauliflower	1 Cup (Raw or Cooked)	High Fiber
Proteins & Legumes		
Beans / Lentils / Chickpeas	1/2 Cup (Cooked)	Fiber + Protein
Fatty Fish (Salmon, Mackerel)	3 - 4 oz (Deck of cards size)	Omega-3 Fatty Acids
Fruits & Berries		
Berries (Blue, Straw, Rasp)	3/4 Cup to 1 Cup	Antioxidants
Citrus (Orange, Grapefruit)	1 Small Fruit	Vitamin C + Fiber

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Whole Grains & Nuts		
Steel-Cut Oatmeal	1/2 Cup (Cooked)	Soluble Fiber
Walnuts / Almonds	1 oz (Small handful / ~23 nuts)	Healthy Fats
Chia / Flax Seeds	1 - 2 Tablespoons	Alpha-linolenic acid

** Note: This chart is for educational purposes. Consult with a registered dietitian or healthcare provider for personalized meal planning.*