

LOW SUGAR DIET PORTION CHART

Food Group	Recommended Portion	Daily Frequency
Leafy Greens / Non-Starchy Veg	1 - 2 Cups	3+ Servings
Lean Proteins (Chicken, Fish, Tofu)	3 - 4 oz (Palm size)	2 - 3 Servings
Low-GI Fruits (Berries, Green Apples)	1/2 Cup	1 - 2 Servings
Healthy Fats (Avocado, Nuts)	1 oz or 1/4 Avocado	2 Servings
Whole Grains (Quinoa, Oats)	1/2 Cup cooked	0 - 1 Servings
Legumes (Lentils, Chickpeas)	1/2 Cup	1 Serving

Key Guidelines:

- Prioritize whole, unprocessed foods.
- Avoid added cane sugars, high-fructose corn syrup, and honey.
- Drink at least 8 glasses of water daily.
- If using dairy, choose plain, unsweetened varieties.