

DIABETES-FRIENDLY COMPLEX CARBS

High-Fiber & Low Glycemic Index & Slow Releasing Energy

Whole Grains

- Quinoa *Low GI*
- Steel-Cut Oats *Low GI*
- Buckwheat (Kasha) *Low GI*
- Barley (Pearled/Hulled) *Low GI*
- Brown or Wild Rice *Medium GI*
- Farro *Medium GI*

Legumes & Beans

- Lentils (All colors) *Low GI*
- Chickpeas (Garbanzo) *Low GI*
- Black Beans *Low GI*
- Kidney Beans *Low GI*
- Edamame *Low GI*
- Split Peas *Low GI*

Starchy Vegetables

- Sweet Potato (with skin) *Medium GI*
- Butternut Squash *Medium GI*
- Green Peas *Low GI*
- Carrots (Raw/Steamed) *Low GI*
- Parsnips *Medium GI*
- Pumpkin *Medium GI*

Low-Sugar Fruits

- Raspberries / Blackberries *Low GI*
- Strawberries / Blueberries *Low GI*
- Green Apples *Low GI*
- Pears (with skin) *Low GI*
- Grapefruit *Low GI*
- Cherries *Low GI*

Note: Portion sizes matter. Consult with your healthcare provider or a registered dietitian for personalized meal planning.