

Note: In many people with diabetes, a vegan (total vegetarian) diet appears to be optimal for blood sugar control and reducing one’s risk of complications. However even on such a diet, certain foods may still raise blood sugar significantly. It is recommended you consult with your personal physician or dietician before making any dietary changes. (The shaded boxes indicate, what in my experience, are some of the very best options for keeping blood sugars stable.)

Type of Food	Often a Problem (with respect to post-meal blood sugar elevations)	Sometimes a Problem	Usually Not a Problem	Generally Helpful
Sweet Foods & Fruits	<ol style="list-style-type: none"> 1. Dried fruit of any kind; e.g., raisins, dates, or figs 2. Fruit juices, cooked fruit, fruit spreads and fruit sauces 3. Very sweet fruits such as bananas, grapes, mangoes and watermelon 4. Any foods made with concentrated sweeteners; e.g., white or brown sugar, honey, maple syrup, fructose, fruit juice concentrate, dried sugar cane juice 	Unprocessed fresh fruits (not mentioned elsewhere in this row)	<ol style="list-style-type: none"> 1. High pectin fruits; e.g., apple, pear (especially if eaten with a meal) 2. “Stoned fruits” like peaches and plums also have a low glycemic index 3. Prickly pear (cactus fruit) 	Bitter melon (<i>Momordica charantaria</i>)
Grains	<ol style="list-style-type: none"> 1. Any refined grain such as: white rice or white flour products 2. Other very high glycemic index grain foods: corn flakes, corn chips, & puffed rice 	<ol style="list-style-type: none"> 1. Whole grains of all types (note exceptions on left) 2. Pasta (even if made from refined grain) 	Oatmeal or barley cereal	
Vegetables	Dishes and juices using sweet or highly starchy vegetables like sweet corn, white potatoes, parsnips, carrots, & beets. (Note: certain varieties of yams and carrots may raise blood sugar less than other options in this category—experiment!)	Dishes and juices using vegetables with seeds in them: e.g., tomatoes, cucumber	<ol style="list-style-type: none"> 1. Leaf, flower, and stem vegetables (such as broccoli, cauliflower, celery, lettuce, spinach, etc.). 2. Tofu 	Whole beans (legumes) tend to stabilize blood sugar. This may not hold true for refined legume products (e.g. tofu).
Nuts, seeds, and other fat-rich vegan foods	Saturated fats and trans fats (the type of fat found in “partially hydrogenated” vegetable oil). Note: research suggests high intake of these fats contributes to insulin resistance (higher levels of other fats is also not desirable—see next column)	Too much of any high fat food at a given meal. We recommend: average dietary fat intake around 20% or below; with no meal over 30%	Olives and avocados as well as nuts and seeds (best if not oil roasted or salted). However, watch serving size of these higher fat items.	1/8 avocado, 4-8 black olives, or 4-6 nuts eaten at the beginning & end of a meal may help stabilize blood sugars
Dairy substitutes	<ol style="list-style-type: none"> 1. Many commercial soy, potato, or rice based milks (read label for sugar content) 2. Frozen dairy-like products 	Lower sugar commercial milk alternatives (or higher sugar varieties diluted with unsweetened homemade nut milk)	Homemade nut milk with no (or minimal) added sweetening	
Other beverages	Any beverages with caffeine or alcohol			Water (liberally between meals)

Visit www.compasshealth.net for other free handouts or to purchase Dr. DeRose’s DVDs (such as his nearly 4-hour series entitled “Reversing Diabetes Naturally”)