

EFFECT OF GRAINS ON BLOOD SUGARS

INTACT GRAINS

- Oats
- Wheat Berries (wheat)
- Quinoa
- Barley
- Farro
- Millet
- Sorghum
- Bulgar

MILL GRAINS INTO FLOUR

FOODS MADE FROM FLOUR

- Tortillas** (whole wheat, corn)
- Pasta** (whole grain)
- Crackers** (whole grain)
- Breakfast cereals**

FLUFF UP

FLUFFY CARBS

- Whole wheat or whole grain breads and rolls

REFINE

JUNK FOOD

- White flour
- White Sugar
- Foods made with refined white flour and sugar:**
- Chips
- Crackers
- Cookies
- Desserts



TIP: FOR BETTER BLOOD SUGAR FOCUS MOSTLY ON INTACT GRAINS AND DECREASE YOUR INTAKE OF FLUFFY CARBS LIKE BREADS AND ROLLS. AVOID SUGARY DRINKS LIKE SODA, JUICE, FANCY COFFEES, AND SWEET TEA