

Foods That Raise Blood Sugar

Soda



Juice



Sports Drinks



Beer, Wine & Cocktails



Fancy Teas & Coffees



Candy



Muffins



Cake



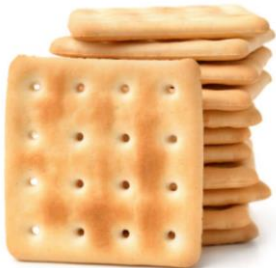
Cookies



Ice Cream



Crackers & Chips



Cereal



Flavored Yogurt



Dried Fruit

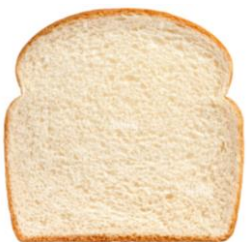


Tropical Fruits



(Pineapple, Mango, Watermelon, Grapes, Overripe Bananas)

Bread



Rice



Pasta



Noodles



Potatoes

