

Best Foods For DIABETES

Raw Zucchini
Noodles with
Tomato Sauce



Green Juice

Gauacamole



Kale Salad

Barley Grass



Avocado
Sprouts Salad

Worst Foods For DIABETES

Pancakes
& Syrup



Milk



Soda



Canned Fruit



Ketchup



Bacon



Potato Chips



Fast-Food
Hamburgers



French Fries