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Low Sugar Diet

How do I lower sugar in my diet?

* Try to avoid over-eating.

* Eat fresh and frozen vegetables.

* Avoid sugar and foods with a lot of sugar in it.

* Avoid Alcohol.

* Eat beans, peas, chick peas and lentils.

* Eat foods with a lot of fiber such as oatmeal, barley, rye and whole wheat.

* Eat fruits low in sugar such as strawberries, raspberries, blackberries and cranberries. Other fruits with less sugar are grapefruit, apples and papaya.

What foods should I avoid?

*Avoid white bread and pasta. Eat whole wheat or whole grain bread and pasta.

*Avoid corn flakes and rice krispies. Eat cereals with bran, oat and wheat.

*Avoid regular Soda. Diet soda is better. Do not drink a lot of soda.

*Avoid candies, chocolates, cakes and cookies.

*Avoid ice creams and Donuts.

If you have more questions about your diet please talk to your doctor.



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