Culturally Sensitive Carbohydrate Sources for Nepalese with Diabetes or Prediabetes

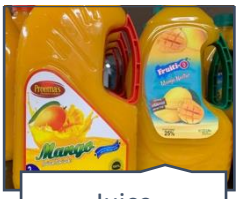
Carbohydrate Sources

These foods contain higher amounts of carbohydrates and can raise your blood sugar.
The foods at the top will raise blood sugar more than the foods at the bottom.

No Fiber

Sugary Foods or Drinks


Soda


Juice

Cookies

Sugar/Honey/Syrup

Other sugary drinks

Bake Goods and Snacks

Cake

Wafers

Crackers


French Fries

Chips

Refined Grains

Multigrain or whole wheat flour (Atta)

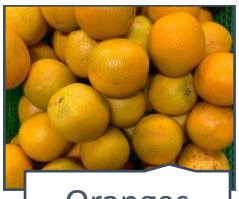
White rice

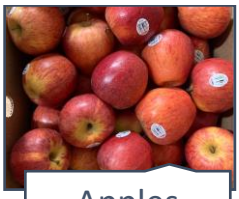

Pasta/Noodle bowls

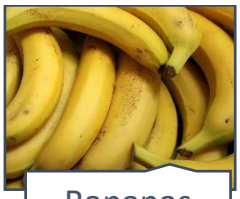
Moong lentil chips

Corn grits

Fruit


Oranges

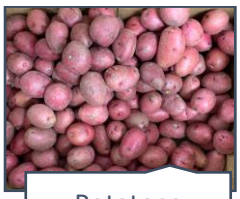

Apples

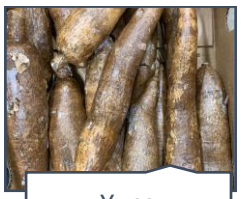

Bananas

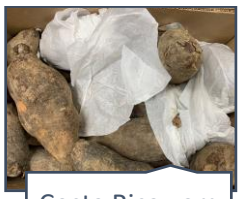

Guava


Mangos

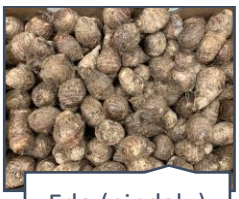
Starchy Vegetables


Potatoes


Yuca


Costa Rica yam


Bitter melon


Edo (pindalu)

Whole Grains / pulses

Red rice

Couscous

Chickpeas

Split beans


Quinoa

Great sources of fiber