

High Sugar & Starch Foods

Foods high in sugar and starchy carbohydrates can cause blood sugar spikes, increased insulin production, and inflammation when eaten in excess. Being aware of these foods can help you make smarter choices to support energy, healthy weight, hormone balance and overall health.

Refined Grains/Baked Goods

- Bread
- Rolls
- Bagels
- White rice
- Wheat pasta
- Gluten free pasta made w/ refined flours (rice, quinoa, garbonzo, lentil)
- Pastries
- Cakes
- Cookies
- Muffins
- Crackers
- Snack bars



Sweetened Beverages

- Soda / soft drinks
- Sweetened teas
- Specialty coffee drinks
- Fruit juices
- Energy drinks
- Sports drinks



Processed & Packaged Snacks

- Chips
- Pretzels
- Crackers
- Candy
- Chocolate
- Breakfast cereals
- Granola bars



Refined Sugars & Sweeteners

- Cane sugar
- High-fructose corn syrup
- Date sugar
- Brown sugar
- Agave syrup
- Honey
- Maple syrup
- Molasses
- Coconut sugar



Note: Even low-calorie sweeteners can affect cravings, digestion, and in some people, blood sugar or gut health. Use them sparingly.



Starchy Vegetables & Legumes (Limit to ½ cup per meal.)

- Potatoes (white, russet, mashed)
- Sweet potato
- Winter squash
- Corn
- Peas
- Lentils
- Beans



High Sugar Fruits (Limit to 1 cup fruit per day)

- Ripe bananas
- Grapes
- Mangos
- Pineapple
- Cherries
- Figs
- Lychee
- Pomegranate Seeds
- Raisins
- Dates
- Dried fruits



Blood Sugar Balancing Tips:

- Pair starchy foods with protein, fiber, and healthy fats to slow absorption.
- Choose whole food alternatives when possible, like fruits, vegetables, legumes, and gluten-free whole grains.
- You don't need to completely cut out these foods—just be mindful of portion sizes and how your body responds. Notice symptoms 2–3 hours after eating, such as: fatigue, snack/caffeine cravings, feeling jittery, anxious, irritable, difficulty concentrating, brain fog, digestive discomfort.
- Use this handout as a guide to *identify foods that may trigger these responses* and make adjustments that support your energy, mood, and overall health.