



# Better Blood Sugar WITHOUT Breaking the Bank

## 11 budget-friendly foods that are also glucose-friendly!

This means that you can still control your blood glucose (or blood sugar) while enjoying these foods, with the help of a few tips and tricks.

#1

## Beans

Cost: Canned = \$0.22 for 1/2 cup  
Dry = \$0.08 for 1/4 cup



A serving counts as 1 starch and 1 protein exchange

- Create your own bean dip with pinto beans.
- Add black beans to your favorite salsa.
- Top your salad with garbanzo beans or kidney beans.

Additional Resources!

 [Bean Recipes](#)

 [Canned Beans](#)

 [Build a Bowl](#)

#2

## Green Peas

Cost: Frozen = \$0.21 for 1/2 cup  
Canned = \$0.17 for 1/2 cup



A serving counts as 1 starch and 1 protein exchange

- Add peas to a stir-fry or fried rice.
- Create a pasta sauce or soup with peas.

 [Pea Recipes](#)

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#3

## Canned Chicken

Cost: \$0.81 for 3 oz serving



Pairing chicken with a carb can help reduce a glucose spike

- Add your favorite seasoning to spice it up!
- Toss it into a soup or salad to make a more balanced meal.
- Create a Snack Pack with crackers and cheese.

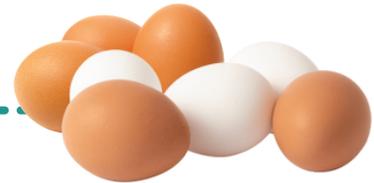
 [Chicken Recipes](#)

 [Snack Pack Guide](#)

#4

## Eggs

Cost: \$0.28 for 1 egg



Pairing eggs with a carb can help reduce a glucose spike

- Go great with mushrooms, spinach, or tomatoes.
- Make a breakfast taco or an egg sandwich.
- Top your salad with hard boiled egg slices.

 [Cooking Eggs](#)

 [Breakfast Recipes](#)

#5

## Peanut Butter

Cost: \$0.11 for 2 Tbsp



Peanut Butter has fat and protein for double the glucose-lowering action. Pair with a carb to help reduce a glucose spike

- Create a Snack Pack with pretzels and celery.
- Eat it with a whole fruit like bananas or apples.
- Add it to noodles to make an Asian-inspired dish.

 [Recipes that use PB](#)

 [Snack Ideas](#)

#6

## Frozen Cauliflower



Cost: \$0.32 for 3/4 cup

Cauliflower is a non-starchy vegetable. Use it as a veggie starter to eat before digging into your carbs.

- Make cauliflower mash potatoes or mac & cheese!
- Sneak riced cauliflower into almost any dish.

 [Cauliflower Recipes](#)

 [Veggie Starter Guide](#)

#7

## Frozen Broccoli



Cost: \$0.30 for 3/4 cup

Broccoli is a non-starchy vegetable. Use it as a veggie starter.

- Steam your broccoli to keep the most nutrients in it.
- Add garlic or lemon juice to enhance the flavor.
- Create a casserole with your other favorite veggies.

 [Broccoli 101](#)

 [Recipes with Broccoli](#)

#8

## Carrots



Cost: Fresh = \$0.28 for 1/2 cup

Frozen = \$0.16 for 1/2 cup

Carrots are a non-starchy vegetable. Use it as a veggie starter.

- Make a simple fried rice with peas and carrots!
- Create a Snack Pack with grapes and cottage cheese.

 [Recipes with Carrots](#)

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## Fork Friendly Tips for Carbs

- + Pair with a protein, fat, or non-starchy vegetable.
- + Make it a resistant starch by cooking and then cooling it.

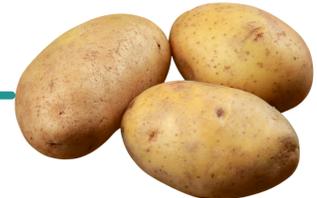
#9

## Potato

Cost: \$0.08 for 1/2 cup

Potato is a starchy vegetable and counts as 1 carb exchange.

- Create a baked potato with your favorite protein.
- Use sweet potato for a sweeter flavor.



 [Potato Recipes](#)

 [Types of Potatoes](#)

#10

## Rice

Cost: \$0.08 for 1/4 cup cooked

A serving counts as 1 carb exchange.

- You can use any type of rice you prefer (brown, white, etc.)
- Create a rice bowl with protein and your favorite veggies.



 [Rice Recipes](#)

 [Types of Rice](#)

#11

## Pasta

Cost: \$0.06 for 1/2 cup cooked

A serving counts as 1 carb exchange.

- Create a pasta salad for a light and fresh meal.
- Add your favorite sauce and pair with a roasted veggie.



 [Pasta Salad Recipes](#)

 [Pasta Sauce Recipes](#)