African American Basket

Soulful classics food dishes can be enjoyed with balanced sides to help stabilize blood sugars. These familiar foods provide fiber, antioxidants, and flavor without losing cultural connection.

Proteins

Pork Chops	3oz	0g
Roasted Chicken	3oz	0g
Catfish without coating	3oz	0g
Salmon patties made with bread crumbs	3oz	5g

Dishes

Jambalaya	1c	35g
Macaroni and cheese	1c	30g
Potato salad	½c	15g
Stewed Chicken	3oz	3g

Starches

Candied yams	½c	35g
Sweet potatoes	½c	15g

Non-starchy vegetables

Beets without greens	½c	9g
Blackeye peas	½c	15g
Coleslaw, plain raw	½c	5g
Green beans	½c	5g
Leafy greens, cooked collard, mustard, turnip, beet	½c	5g
Lima beans	½c	15g
Okra	½c	5g
Stewed tomatoes & okra	½c	5g

Sides

Cheese grits	½c	15g
Corn bread, 1 piece	2oz	25g
Green beans & potatoes	1c	23g
Okra, tomato & corn succotash	1c	26g
Red beans & rice	½c	21g
Smothered cabbage	1c	8g

Beverages

Buttermilk, cultured, low fat	8oz/1c	12g
Lemonade	8oz/1c	24g
Powdered fruit-flavored beverages	3tsp	varies depending on brand
Punch	8oz/1c	30g
Sweet tea	8oz/1c	20g
Unsweetened tea	8oz/1c	0g

Breakthrough T1D™ Formerly JDRF

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Content coordination & review by Diabetes, a dietetic practice group of the Academy of Nutrition and Dietetics. Experts in Diabetes Care and Education

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