

# Nutrition Brand Recommendations for Better Blood Sugar Control

---

## YOGURT/NON-DAIRY YOGURT\*

- Siggis
- Too Good
- YQ
- Chobani Less Sugar
- Chobani Plain with Almond Butter
- Stonyfield Greek
- Oikos Triple Zero
- Fage
- Icelandic Provisions
- Lava Plant-Based Yogurt\*
- Yooga Superfood Cup\*
- Non-Dairy Chobani\*
- Forager Cashewgurt\*
- Cocoyo Coconut Yogurt\*

## BREADS, CRACKERS, FLOURS, DESSERTS

- Nut Thins
- Simple Mills Crackers
- Flackers Crackers
- From The Ground Up Cauliflower Crackers and Pretzels
- Mary's Gone Crackers
- Saffron Road Lentil Crackers
- Siete Foods Cashew Flour Tortillas
- Sunfood Coconut Wraps- great for lunch wraps
- Mission Carb Balance Whole Wheat Tortillas
- Emmy's Coconut Cookies
- Birch Benders Pancake Mix
- Kodiak Cake Waffles
- Bake with: coconut flour, almond flour, Tigernut Flour
- Banza chickpea pasta, Tolerant Foods bean pasta

## SNACK/PROTEIN BARS

Aim for bars with about 15 grams of total carbohydrate if consuming for a snack. *\*Depending on your blood sugar, you may tolerate a bar with closer to 20 grams of carbohydrates.*

- KIND
- Health Warrior Chia, Health Warrior Pumpkin Seed
- Primal Kitchen Protein Bar, Primal Kitchen Collagen Fuel Bar
- Purely Elizabeth Grain-Free Bar
- Sonoma Creamery Cheese Crisp Bar
- Made Good Granola Bar
- Nature's Path Pumpkin Seed & Sunflower Nut Butter Bar
- Simple Mills Soft Baked Almond Flour Bars
- Hemp Bar\*
- Vega Protein Snack Bar\*
- 88 Acres Seed Bar\*

Created by: Casey Seiden MS, RD, CDN, DCES  
V 01.2020



THE HIGH RISK PREGNANCY EXPERTS

70 East 90th Street • New York, NY 10128  
Phone: (212) 722-7409 • Fax: (212) 722-7185 • www.MFMNYC.com