Diabetic Diet Food List

Vegetables and Fruit

Vegetables

- Broccoli
- Ca bbage s
- Canned tomatoes
- Canned vegetables
- Ca rrots
- Corn
- Green b eans
- Greens
- Mushrooms
- Onions
- Peppers
- Tomato sauce
- Tomatoes
- Turnip s

Fruits

- Apples
- Bananas
- Blueberries
- Dried fruit
- Grapefruit s
- Grapes
- Kiwis
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Raisins
- Raspberries

Frozen V egetables

- Corn
- Edamame (soy beans)
- Mixed vegetables
- Peas

Frozen Fruit

- Berries
- Mango es
- Mixed fruit

Milk and Alternatives

- C anned milk
- C heese
- Fortified soy beverage
- Kefir
- Milk
- Skim milk powder
- Yogurt

Grain Products

- 100% whole grain bread
- Bran cereal
- Brown rice
- Bulgur
- Chapatti/roti
- Couscous
- Flat breads
- Oatmeal
- Pitas
- Popcorn kernels
- Pot b arley
- Quinoa
- Whole grain cereal
- Whole grain crackers
- Whole grain pasta
- Whole grain tortillas

Meat and Alternatives

- Beef
- Chicken
- Chickpeas
- Eggs
- Fish (e.g., fresh salmon or canned light tuna)
- Ground beef
- Ground turkey
- Kidney/black beans
- Meatless ground round
- Nut butter
- Nuts
- Peanut butter
- Pork
- Seeds
- Tofu

Frozen Meat and Alternatives

- F ish (e.g., basa , tilapia)
- Shrimp

Oils and Fats

- Mayonnaise
- Salad dressing
- Soft non - hydrogenated margarine
- Vegetable oil

Other I tems

- Chili powder
- Garlic
- Lemon juice
- Parsley
- Peppe r
- Pudding mix
- Vinegar

Cleaning/ Paper Supplies