




# Diabetes Friendly Food Pantry

	CHOOSE THESE ITEMS	NOTES
GRAINS	<ul style="list-style-type: none"> <li><input type="checkbox"/> Brown rice</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Popcorn (light)</li> <li><input type="checkbox"/> Whole grain breads or crackers</li> <li><input type="checkbox"/> Whole grain cereals (choose less sugar)</li> <li><input type="checkbox"/> Whole grain pasta</li> </ul> 	
VEGETABLES & FRUIT	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh vegetables and fruit (if available)</li> <li><input type="checkbox"/> Canned vegetables (no salt added)</li> <li><input type="checkbox"/> Canned fruits (in 100% juice)</li> <li><input type="checkbox"/> Tomato sauce</li> <li><input type="checkbox"/> Raisins</li> <li><input type="checkbox"/> Salsa</li> <li><input type="checkbox"/> Soup with vegetables (reduced sodium)</li> </ul> 	
PROTEINS	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh meat or eggs (if available)</li> <li><input type="checkbox"/> Canned chicken, tuna or salmon</li> <li><input type="checkbox"/> Canned beans (low sodium)</li> <li><input type="checkbox"/> Dry beans or lentils</li> <li><input type="checkbox"/> Nuts &amp; Seeds (unsalted)</li> <li><input type="checkbox"/> Peanut butter</li> </ul> 	
SEASONINGS	<ul style="list-style-type: none"> <li><input type="checkbox"/> Black pepper</li> <li><input type="checkbox"/> Chili powder</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Garlic powder</li> <li><input type="checkbox"/> Italian seasoning</li> <li><input type="checkbox"/> Onion powder</li> <li><input type="checkbox"/> Seasoning mixes (salt-free)</li> </ul> 