

Diet Plan for Pre-Diabetes



PROTEIN

lean meats
poultry-no skin
cod
halibut
rockfish
tuna



VEGGIES

broccoli
carrots
collards
green beans
green peas
kale
spinach
squash
tomatoes



FRUIT

apples
apricots
bananas
dates
grapes
oranges
grapefruit
mangoes
melons
peaches
pineapples
strawberries
tangerines



STARCH

whole wheat
bread, pasta
pita
oatmeal
brown rice
popcorn
cereal
potatoes
lima beans



DAIRY

fat-free or
low-fat
milk
cheese
yogurt



FAT

almonds
hazelnuts
peanuts
walnuts
nut butter
seeds
olive oil
canola oil