

Shopping List *Type 2 Diabetes*

VEGGIES

- Salad Greens
- Broccoli
- Cauliflower
- Squash
- Green Beans
- Asparagus
- Brussel Sprouts
- Peppers
- Onions
- _____
- _____

FRUITS

- Plums
- All Berries
- Oranges
- Peaches
- Tomatoes
- Grapefruit
- Apples
- Pears
- Apricots
- Cherries
- _____

BEANS & LEGUMES

- Black Beans
- Lentils
- White Beans
- Chickpeas
- Kidney Beans
- Pinto Beans
- _____
- _____

WHOLE GRAINS

- Whole-wheat or Legume Pasta
- Whole-grain Bread with at least 3 grams of fiber per slice
- Quinoa
- Wild Rice
- 100 Percent Whole grain, or Whole-wheat Flour
- Cornmeal
- Oatmeal
- Millet
- Amaranth
- Barley

DAIRY

- Parmesan, Ricotta, or Cottage Cheese
- Low-fat or Skimmed Milk
- Low-fat or Fat-free Greek or Plain Yogurt
- _____
- _____

DESSERT FOODS

- Popsicles with no added sugar
- 100-Percent Fruit Popsicles
- Dessert made with Sugar-Free Gelatin
- Pudding or Ice Cream Sweetened with No- or Low-Calorie Sweeteners, such as Stevia or Erythritol

SNACKS

- Home-Made Popcorn, but not Premade or Sweetened Varieties
- Nuts, but not Sweetened
- Carrot or Celery Sticks with Hummus
- Small amounts of Fresh Fruit, such as an Apple with Almond Butter

NOTES: