



DIABETIC Grocery List

Vegetables

- Onion
- Garlic
- Carrots
- Potatoes
- Broccolis
- Cauliflowers
- Mushrooms
- Zucchinis
- Cucumbers
- Eggplants
- Tomatoes
- Bell peppers
- Leafy greens
- Herbs
- Squashes
- _____
- _____

Condiments

- Ketchup
- Soy sauce
- Salad dressing
- Vinegar
- Olive/Canola oil
- Mustard
- Lemon juice
- Sugar-free spices
- _____

Dairy

- Eggs
- Low-fat milk
- Soy milk
- Butter
- Cheese
- Yogurt

Grains & Breads

- Brown rice
- Whole wheat pasta
- Cereal
- Whole wheat bread
- Crackers

Snacks

- Nuts
- Graham Cracker
- Sugar-free pudding
- Sugar-free jello

Beverages

- Coffee
- Tea
- Vegetables juice
- Diet soda

Meats

- Chicken
- Low-fat meat
- Lean beef/pork
- Salmon
- Tuna
- Other fish
- Canned tuna
- _____

Frozen

- Vegetables
- Frozen Dinners
- Sugar-free ice cream
- _____
- _____

Fruit

- Apples
- Bananas
- Berries
- Oranges
- Lemons
- Dates
- Avocados
- Pineapples
- Mangoes