

DIABETIC DIET FOOD CHART

BEANS

are packed with fiber, magnesium and potassium

WHOLE GRAINS

have folate, omega-3s, magnesium, chromium, fiber and potassium (white bread doesn't)

DARK, GREEN VEGETABLES

deliver a powerful dose of fiber, proteins vitamins and minerals

SALMON

reduces triglycerides, blood pressure, and inflammation

CITRUS FRUIT

contain generous amounts of vitamin C and fiber

RAW NUTS

are full of healthy fats and fiber

SWEET POTATOES

contain more healthy fiber, antioxidants and vitamin A than white potatoes

FAT-FREE DAIRY

delivers vitamin D. Yogurt's probiotic bacteria helps keep intestines healthy and boosts immunity

BERRIES

are packed with antioxidants, fiber and vitamins

TOMATOES

are an amazing low-carb source of vitamins C and E and iron