



List Of Foods

for diabetics

Vegetables

Spinach
Bell peppers
Carrots
Broccoli
Cauliflower
Brussels sprouts
Asparagus
Celery
Onions
Tomatoes
Zucchini
Garlic
Mushrooms
Okra
Pumpkin
Winter squash
Sweet potatoes
Potatoes
Yuca
Cassava
Corn
Sweet peas

Dairy

Milk
Plain yogurt
Cottage cheese
Cheese

Fruit

Apples
Bananas
Lemons
Limes
Plums
Apricots
Peaches
Strawberries
Blueberries
Grapes
Oranges

Grains

Rice:
Black, brown, red
Quinoa
Barley
Pastas:
Bean-based
Bread (1 slice)

Meat & Protein

Eggs
Fish and other seafood
Poultry (chicken meat and turkey)
Red meat
Pork (pork loin, pork chops and ground pork)

Beans

Black beans
Navy beans
Butter beans
Chickpeas
Kidney beans
Lima beans
Pinto beans
Fava beans

Nuts and Seeds

Almonds
Walnuts
Pecans
Pistachios
Peanuts
Chia seeds
Flaxseeds
Hemp seeds
Hazelnuts

