

DIABETES FOOD CHEAT SHEET

If you have diabetes or pre-diabetes, healthier eating habits are a good place to start. Our cheat sheet gives you a variety of **low sugar, low calorie, low carbohydrate and low saturated fat** food choices. (These aren't the only foods or snacks you should eat as part of a balanced diet—just a few quick options for your grocery list.) Are you looking for healthy food options? Our list is perfect for you too.



SALMON, TROUT, AND ALBACORE TUNA

Protect against inflammation and the abnormal growth of blood vessels in the eyes.
Omega-3s Low Cholesterol Low Unsaturated Fats



ASPARAGUS AND BRUSSEL SPROUTS

Control blood sugar spikes by boosting your body's insulin production.
Low Carb Low Calorie Fiber Antioxidants Potassium Vitamin C



BROCCOLI, CABBAGE, CAULIFLOWER, AND SPINACH

Eating fewer calories can reduce fat in your pancreas and liver, and may help insulin function return to normal.
Low Calorie Low Sugar Low Carb



SWEET POTATOES

This low-glycemic side dish can still taste good by substituting brown sugar with cinnamon and nutmeg.
Low Carb Fiber



NUTS AND SEEDS

Help decrease your chances of diabetic retinopathy.
Omega-3s Magnesium Fiber Protein



WHOLE GRAINS

Fiber provides a feeling of fullness, reducing the number of calories eaten to help you lose weight.
Omega-3s Fiber Folate Magnesium Chromium



CRUNCHY OR COOKED CARROTS

1 cup of raw carrots, or ½ cup cooked serving, has about 5 grams of carbohydrates.
Low Carb Fiber



BLACK, GARBANZO, KIDNEY, AND PINTO BEANS

Just a ½ cup of beans can provide as much protein as an ounce of meat without the saturated fat.
Fiber Protein Magnesium



TOMATOES

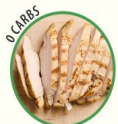
This common salad-topper averages only 32 calories per cup.
Low Carb Low Calorie Vitamin A Vitamin C Potassium

8 SNACKS

15 CARBS OR LESS

BONUS TIP

Try to eat foods in their whole or natural state, for example, an apple instead of apple juice and include the peel for even more fiber.



2-3 slices of turkey or chicken breast



1 small celery stalk



1 cup cucumber slices



1 tablespoon peanut butter



¼ cup Greek yogurt



¼ cup salsa



1 cup strawberry halves



½ cup blueberries

FOODS TO LIMIT



FRIED FOODS

Fried foods are not good for anyone, especially for people with diabetes. The fat is absorbed into the food and leads to high cholesterol and weight gain.



CANNED FRUIT IN HEAVY SYRUP

Even though its fruit, certain fruits have a higher sugar content. The heavy syrup is also very high in carbohydrates and sugar.



HOT DOGS AND LUNCHEAT

These quick-to-make favorites are high in saturated fat and sodium (even turkey dogs!) which can lead to high cholesterol and weight gain.



REGULAR POP AND SPORTS DRINKS

Pop, fruit punches, iced teas, flavored waters and sports drinks are often high in sugar and calories with little or no nutritional value.