

Diabetic Diet Food List

Vegetables

Avocado
 Bean sprouts
 Beets
 Bok choy
 Broccoli
 Brussel sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cucumber
 Eggplant
 Green beans
 Green, red, orange peppers
 Kale
 Leeks
 Mushrooms
 Okra
 Pea pods
 Romaine lettuce
 Salad greens
 Spaghetti squash
 Spinach
 Sweet potatoes
 Swiss chard
 Tomatoes
 Turnips
 Winter squash (acorn, butternut, kabocha)
 Zucchini

Fruits

Apples
 Apricots
 Bananas
 Blackberries
 Blueberries
 Cantaloupe
 Grapefruit
 Honeydew melon
 Lemons
 Limes
 Nectarines
 Oranges
 Peaches
 Pears
 Raspberries
 Strawberries
 Watermelon

Fresh Herbs

Basil
 Cilantro
 Dill
 Garlic
 Ginger
 Onions
 Rosemary
 Thyme

Meal, Poultry & Seafood

Bacon (with no added sugar)
 Beef roast
 Beef steak
 Beef, lean ground
 Chicken breast
 Fresh deli meats such as roast beef, turkey breast, chicken breast, ham
 Pork chops
 Pork loin
 Pork, ground
 Rotisserie chicken
 Salmon
 Sausage (with no added sugar)
 Tilapia
 Tuna
 Whole chicken

Drinks

Black tea
 Club soda
 Coconut water
 Coffee
 Green tea
 Herbal tea
 Mineral water
 Sparkling water
 Unsweetened teas

Spices

Allspice
 Basil
 Bay leaves
 Black pepper
 Cayenne pepper
 Chili powder
 Cilantro
 Cinnamon
 Cumin
 Dill
 Garlic
 Ginger
 Lemongrass
 Nutmeg
 Oregano
 Rosemary
 Sea Salt
 Thyme
 Turmeric
 Yellow curry

Dairy & Eggs

Cottage cheese
 Eggs
 Plain yogurt
 Unsweetened Greek yogurt

Rice, Beans, Pasta & Grains

Black beans
 Brown rice
 Chickpeas
 Kidney beans
 Lentils
 Millet
 Navy beans
 Pinto beans
 Quinoa
 Whole grain barley
 Whole grain pasta
 Wild rice

Snacks

Almonds
 Edamame
 Hummus and falafel
 Pumpkin seeds
 Salsa
 Soy nuts
 Sunflower seeds
 Unflavored popcorn
 Walnuts

Cereals

Rolled oats
 Steel cut oats

Condiments

Balsamic vinegar
 Extra-virgin olive oil
 Fish sauce
 Olives
 Pickles (look for varieties with no sugar, fresh fermented)
 Red Wine Vinegar
 Reduced sodium soy sauce
 Rice vinegar
 Sesame oil
 White vinegar
 Yellow mustard

Spreads

Cashew butter
 Natural almond butter (no added sugar)
 No added sugar jams, marmalades and jellies
 Unsweetened peanut butter
 Canned vegetable broth (low sodium, no added sugar)
 Diced tomatoes
 Tomato Paste

Bakings

Chia seeds
 Cocoa
 Coconut (unsweetened flakes or shredded)
 Corn meal
 Flax seeds
 Oat flour
 Whole wheat flour

Canned Goods

Canned beef broth (low sodium, no added sugar)
 Canned chicken broth (low sodium, no added sugar)
 Canned coconut milk
 Canned pumpkin
 Canned salmon
 Canned tuna

Frozen Foods

Frozen fruit
 Frozen meat (plain with no sauces that contain sugar)
 Frozen vegetables