

DIABETIC DIET FOOD LIST

Vegetables	Fresh Herbs	Fruit	Meat, Poultry and Seafood	Condiments
Avocado	Basil	Apples	Beef roast	Balsamic vinegar
Bean sprouts	Cilantro	Apricots	Beef steak	Extra-virgin olive oil
Beets	Dill	Bananas	Beef, lean ground	Fish sauce
Broccoli	Garlic	Blueberries	Chicken breast	Olives
Bok choy	Ginger	Blackberries	Salmon	Rice vinegar

Spreads	Snacks	Drinks	Cereals	Rice, Beans, Pasta and Grains
Cashew butter	Almonds	Black tea	Rollled oats	Black beans
Natural almond butter	Edamame	Club soda	Steel cut oats	Brown rice
marmalades and jellies	Hummus and falafel	Coconut water		Chickpeas
Unsweetened peanut butter	Pumpkin seeds	Coffee		Kidney beans
	Salsa	Green tea		Lentils

Canned Goods	Baking	Spices	Frozen Food	Dairy and Eggs
Canned beef broth (low sodium, no added sugar)	Chia seeds	Allspice	Frozen fruit	Cottage cheese
Canned chicken broth (low sodium, no added sugar)	Cocoa	Basil	Frozen meat (plain with no sauces that contain sugar)	Eggs
Canned coconut milk	Coconut (unsweetened flakes or shredded)	Bay leaves	Frozen vegetables	Plain yogurt
	Corn meal	Garlic		Unsweetened Greek yogurt
		Black pepper		