

diabetic

FOOD LIST

VEGETABLES

- Dark green leafy vegetables
- Asparagus
- Beetroot
- Carrot
- Celery
- Cucumber
- Capsicum
- Onion
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PROTEIN

- Free-range eggs
- Tofu
- Mixed nuts (*almonds, macadamia, walnuts*)
- Cheese
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WHAT TO AVOID

- Butter
- Cream products
- Pastries, cakes and biscuits
- Chocolate
- Pre-packaged snacks and meals
- Fried takeaway foods
- Soft drinks
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FRUITS

- Berries
- Tomato
- Peach
- Citrus
- Apple
- Apricot
- Pear
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CARBOHYDRATES

- Wholegrain bread
- Wholegrain pasta
- Wholegrain or bran cereal
- Wholegrain biscuits
- Wholegrain crackers
- Brown rice
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FATS

- Sunflower oil
- Cold-pressed olive oil
- Sesame oil
- Avocado
- Nut spreads
- Seeds
- Nuts
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DAIRY

- Fat-free yoghurt
- Fat-free milk
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