

Diabetic Friendly Shopping List

FRESH FRUITS

- bananas
- blackberries
- blueberries
- peaches

GRAINS & NUTS

- brown rice
- quinoa
- almonds
- whole wheat bread

VEGETABLES

- lettuce
- cucumbers
- green beans
- cabbage

SNACK

- yogurt
- cheese

MEAT & FISH

- chicken
- ground beef
- salmon

SEASONINGS

- spices
- coffee or tea
- lemon juice