

Type 2 Diabetes Grocery List

Bread/Grains

- brown/wild rice
- whole wheat pasta
- whole wheat bread
- quinoa
- oatmeal
- beans
- lentils
- _____

Meat

- salmon
- other fish
- canned tuna (in water, not oil)
- poultry
- turkey
- lean beef or pork
- _____
- _____

Beverages

- coffee
- tea
- diet soda
- vegetable juice
- water
- _____
- _____

Frozen

- vegetables
- frozen dinners
- _____

Cans/Jars

- low-salt canned vegetables
- canned fruit in its own juices
- broth
- salsa
- _____
- _____

Condiments

- vinegar
- lemon juice
- mustard
- ketchup
- olive or canola oil
- salad dressing
- _____

Dairy

- low-fat milk
- soy milk
- egg whites
- Greek yogurt
- _____
- _____

Fruits/ Veggies

- apples
- asparagus
- avocados
- bananas
- berries
- beans
- broccoli
- cabbage
- carrots
- cucumber
- garlic
- lettuce
- melons
- mushrooms
- onions
- oranges
- peppers
- pineapple
- spinach
- Swiss chard
- squash
- tomato
- _____

Snacks

- almonds
- pumpkin seeds
- guacamole
- graham crackers
- sugar-free jello
- sugar-free pudding
- _____
- _____
- _____