

DIABETIC FOODS TO EAT!

<i>Category of Food</i>	<i>Specific Types of Food to Eat</i>
VEGETABLES	Spinach, Kale, Swiss Chard, Lettuce, Cabbage, Broccoli, Cauliflower, Brussel Sprouts, Arugula, Asparagus, Bok Choy, Green Beans, Fennel, Green Peppers, Red/Yellow/Orange Peppers, Carrots, Cucumbers, Celery, Baby Potatoes, Squash, Spaghetti Squash, Tomatoes, Sundried Tomatoes, Beets, Pickles, Mushrooms, White/Red Radish, Parsnips, Turnips, Note: Limit Corn & Peas
LOW GLYCEMIC FRUIT	Raspberries, Cranberries (fresh), Strawberries, Blackberries, Tangerines, Nectarines, Navel Oranges, Pears, Peaches, Plums, Prunes, Coconut, Apples, Melons, Grapefruit, Apricots (fresh dried), Pomegranate, Lemon, Lime Note: Limit Blueberries, Apples, Bananas (green, ripe)
NUTS & SEEDS	Almonds, Peanuts, Pecans, Hazelnuts, Cashews, Walnuts, Macadamia Nuts, Brazil Nuts, Pumpkin Seeds, Sunflower Seeds, Chia Seeds, Sesame Seeds, Nut Butters (with no added sugar)
WHOLE GRAINS	Bulgar, Quinoa, Amaranth, Spelt, Buckwheat, Sorghum, Pulse Flours, Mung Bean Noodles, Parboiled Rice, Farro, Almond Flour, Coconut Flour
BEANS ($\frac{1}{4}$ cup cooked/couple times a week)	Chickpeas, Kidney Beans, Black Beans, Navy Beans, Romano Beans, Soybeans/Edamame
LENTILS ($\frac{1}{4}$ cup cooked/couple times per week)	Any Type of Lentils: Green/Red/Yellow/Brown/Black
FERMENTED FOODS	Tempeh, Kombucha, Kimchi, Kefir, Sauerkraut, Miso
EGGS	Eggs(!)
HEALTHY FAT SOURCES	Avocado, Olives, MCT Oil, Grass Fed Butter, Ghee
ORGANIC, GRASSFED, FREE RANGE, WILD-CAUGHT, Non-GMO ANIMAL PROTEIN	Chicken, Turkey, Lamb, Small Fish Limit: Red Meat
BEVERAGES	Water, Tea, Black Coffee, Dairy Alternative Milk
OILS & VINEGARS	Extra Virgin Olive Oil, Cold Pressed Coconut Oil, Avocado Oil, Apple Cider Vinegar, Red Wine Vinegar