

Diabetic Grocery List



Bread/Grains

- Brown/Wild Rice
- Whole Wheat Pasta
- Whole Wheat Bread
- Cereal
- Oatmeal
- Crackers
- _____

Meat

- Salmon
- Other Fish
- Canned Tuna (in water, not oil)
- Lean Beef or Pork
- _____
- _____

Beverages

- Coffee
- Tea
- Diet Soda
- Vegetable Juice
- Water
- _____
- _____

Dairy

- Low-Fat Milk
- Soy Milk
- Cheese
- Cottage Cheese
- Butter/Margarine
- Eggs
- Yogurt
- _____
- _____

Snacks

- Nuts
- Graham Crackers
- Sugar Free Jello
- Sugar Free Pudding
- _____
- _____
- _____

Frozen

- Vegetables
- Frozen Dinners
- Sugar Free Ice Cream
- _____

Cans/Jars

- Low Salt Canned Vegetables
- Canned Fruit in Its own Juices
- Broth
- Salsa
- _____
- _____

Condiments

- Vinegar
- Lemon Juice
- Mustard
- Ketchup
- Olive Oil or Canola Oil
- Salad Dressing
- Sugar Free Spices
- _____

Fruit/Veggies

- Apples
- Asparagus
- Bananas
- Berries
- Beans
- Broccoli
- Corn
- Cucumber
- Garlic
- Greens
- Herbs
- Melons
- Onions
- Oranges
- Pineapple
- Potatoes
- Spinach
- Squash
- Tomato
- _____

