

Diabetic Food List

Vegetables

Spinach
Broccoli
Cauliflower
Cabbage
Carrots
Cucumbers
Tomatoes
Green beans
Bell peppers
Eggplant
Mushrooms
Lettuce



Fruits

Apples
Pears
Oranges
Berries
Avocados
Kiwi
Peaches
Guava

Protein Foods

Chicken breast
Fish
Eggs
Tofu
Tempeh
Tuna
Lean beef
Turkey

Healthy Snacks

Almonds
Walnuts
Peanuts
Chia seeds
Pumpkin seeds
Boiled eggs

Healthy Drinks

Water
Unsweetened tea
Black coffee
Infused water

Dairy

Low-fat milk
Unsweetened yogurt
Cottage cheese

Healthy Fats

Olive oil
Avocados
Nuts
Seeds

Whole Grains & Healthy Carbs

Brown rice
Oatmeal
Whole wheat bread
Quinoa
Sweet potatoes
Whole grain pasta

