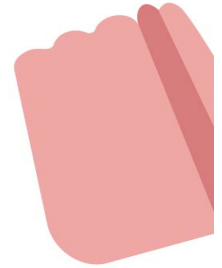




# DIABETIC Shopping List



## VEGETABLES

- Spinach
- Broccoli
- Cauliflower
- Carrots
- Cucumbers
- Tomatoes
- Bell peppers
- Green beans
- Lettuce
- Cabbage
- Mushrooms
- Onions
- Garlic

## FRUITS

- Apples
- Oranges
- Berries
- Pears
- Avocados
- Lemons

## PROTEIN

- Chicken breast
- Fish
- Eggs
- Tofu
- Tempeh
- Tuna
- Lean beef

## WHOLE GRAINS & CARBOHYDRATES

- Brown rice
- Oatmeal
- Whole wheat bread
- Whole grain crackers
- Sweet potatoes
- Quinoa

## DRINKS

- Water
- Unsweetened tea
- Black coffee

## DAIRY

- Low-fat milk
- Unsweetened yogurt
- Cheese sticks

## HEALTHY SNACKS

- Almonds
- Peanuts
- Walnuts
- Chia seeds

## SEASONINGS & ESSENTIALS

- Olive oil
- Vinegar
- Black pepper
- Cinnamon
- Low-sodium soy sauce
- Herbs and spices

