

DIABETES FOOD GUIDE

DIABETES QUICK GUIDE

FOODS TO EAT

Vegetables

- Broccoli
- Carrots
- Cucumbers
- Peppers
- Tomatoes
- Potatoes
- Corn
- Green Peas



Condiments

- Vinegar
- Olive Oil
- Mustard
- Any Spices or Herbs
- Any Variety of Extract
- Hot Sauce
- Salts



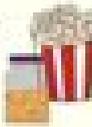
Fruits

- Apples
- Avocados
- Blackberries
- Cherries
- Grapefruit
- Peaches
- Pears
- Plums
- Strawberries



Snacks and Dessert

- Homemade Popcorn
- Unsalted Nuts and Seeds
- Popcorns with No Added Sugar
- 100% Fruit Popcorns
- Sugar Free Gummies
- Caramel or Candy Sticks



Dairy

- Whipped, Ricotta, or Cottage Cheeses
- Low Fat or Skim Milk
- Low Fat Greek or Plain Yogurt



Beverages

- Unsweetened Tea or Hot Tea
- Unsweetened Coffee
- Low Fat or Skim Milk
- Unsweetened Plain, Sweet Milk
- Sparkling Water



Whole Grains

- 100% Whole Wheat or Sprouted Bread Flours
- Whole Grain Bread
- Quinoa
- Wild Rice
- 100% Whole Grain or Whole Wheat Flour
- Cornmeal
- Oatmeal

- Millet
- Amaranth
- Barley



Lean Proteins

- Sardines, Sardines
- Chicken Breast or Skins
- Salmon, Sardines, Tuna, and Other Oily Fish
- Scrambled Turkey Breast
- Eggs
- Black Beans, Kidney Beans, Pinto Beans, Refried Beans

- Hummus
- Lentils
- Peas
- Tofu



DIABETES QUICK GUIDE

FOODS TO AVOID

Vegetables

- Canned Vegetables with Added Salt
- Canned Soup
- Veggies Cooked with Butter, Cheese, or Sauce
- Potatoes with Salt
- Potatoes and Noodles



Condiments

- Vegetables containing Nitrates
- Ketchup
- Sweet Salad Dressings
- Coconut oil
- Solid Margarines
- Maple Syrup and Other Syrups



Fruits

- Canned Fruit
- Fruit Juices
- Chewy Fruit Rolls
- Regular Jams, Jellies, and Preserves
- Sweetened Fruit Gummies



Snacks and Sweets

- Regular Pancake or Waffle Syrup
- Deep Fried Desserts, (Fritters or Funnels, Calzones)
- Candy
- Cookies
- Tarts and Puffings
- Sugary Cereals



Dairy

- Whole Milk
- Full-Fat Dairy Products
- Butter
- Regular Cheeses
- Flavored Yogurt



Sweetened Beverages

- Coffee with Cream or Sugar
- Chocolate Drinks
- Regular Sodas
- Regular Beer, Wine
- Sweetened Tea
- Energy Drinks
- Fruit Punch



Refined Grains

- White Rice, Flour, Pasta
- Ryeen Bread Made from Refined Flour
- Fried Tostitos
- Fried White Flour Tortilla Chips
- Regular Pasta
- Baked Goods (Pizza Dough)



High-Fat Meats

- Fried Meats
- Higher Fat Cuts of Meat, Such as ribs
- Pork Bacon
- Fatty Cuts of Meat
- Deep Fried Fish or Tofu
- Steaks Prepared with Lard
- Hot Sausage



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