



DIABETIC Grocery List

MEATS

- Salmon
- Other fish
- Canned tuna
(in water, not oil)
- poultry
- Low-fat lunch meat
- Lean beef or pork
-

BEAD/GRAINS

- Brown/wild rice
- Whole wheat pasta
- Whole wheat bread
- Cereal
- Oatmeal
- Crackers

DAIRY

- Low-fat milk
- Soy milk
- Cheese
- Cottage cheese
- Butter/margarine
- Eggs
- Yogurt
-

FRUITS AND VEGGIES

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

BEVERAGES

- Coffee
- Tea
- Diet soda
- Vegetable juice
- Water

SNACKS

- Nuts
- Graham crackers
- Sugar-free jello
- Sugar-free pudding

FROZEN

- Vegetables
- Frozen dinners
- Sugar-free ice cream
-
-

CONDIMENTS

- Vinegar
- Lemon juice
- Mustard
- Ketchup
- Olive or canola oil
- Salad dressing
- Sugar-free spices

CANS/JARS

- Low-salt canned
- Vegetables
- Canned fruit in its
- Own juices
- Broth