

DIABETIC DIET FOOD LIST

Vegetables	
Avocado	
Bean sprouts	
Beets	
Broccoli	
Bok choy	

Fresh Herbs	
Basil	
Cilantro	
Dill	
Garlic	
Ginger	

Fruit	
Apples	
Apricots	
Bananas	
Blueberries	
Blackberries	

Meat, Poultry and Seafood	
Beef roast	
Beef steak	
Beef, lean ground	
Chicken breast	
Salmon	

Condiments	
Balsamic vinegar	
Extra-virgin olive oil	
Fish sauce	
Olives	
Rice vinegar	

Spreads	
Cashew butter	
Natural almond butter	
marmalades and jellies	
Unsweetened peanut butter	

Snacks	
Almonds	
Edamame	
Hummus and falafel	
Pumpkin seeds	
Salsa	

Drinks	
Black tea	
Club soda	
Coconut water	
Coffee	
Green tea	

Cereals	
Rolled oats	
Steel cut oats	

Rice, Beans, Pasta and Grains	
Black beans	
Brown rice	
Chickpeas	
Kidney beans	
Lentils	

Canned Goods	
Canned beef broth (low sodium, no added sugar)	
Canned chicken broth (low sodium, no added sugar)	
Canned coconut milk	

Baking	
Chia seeds	
Cocoa	
Coconut (unsweetened flakes or shredded)	
Corn meal	

Spices	
Allspice	
Basil	
Bay leaves	
Garlic	
Black pepper	

Frozen Food	
Frozen fruit	
Frozen meat (plain with no sauces that contain sugar)	
Frozen vegetables	

Dairy and Eggs	
Cottage cheese	
Eggs	
Plain yogurt	
Unsweetened Greek yogurt	