

DIABETIC DIET FOOD LIST

Whole Grains

- Bran
- Oats
- Wheat -- including wheat germ
- Bulgur
- Popcorn
- Farrow
- Triticale
- Brown rice
- Rye
- Quinoa

Beans and Legumes

- Chickpeas
- Kidney beans
- Lentils
- Navy beans
- Soybeans
- Black-eyed peas
- Lima beans
- Pinto beans

Vegetables

- Broccoli and cauliflower
- Squash
- String beans
- Asparagus
- Brussels sprouts
- Cucumbers
- Collards
- Peppers
- Radishes
- Tomatoes
- Turnips
- Celery
- Plantain

Fruits

- Apples
- Bananas
- Pears
- Kiwi
- Berries
- Peaches
- Plums
- Oranges
- Tangerines
- Cherries
- Melons
- Figs
- Dates

Dairy

- Cottage cheese
- Reduced-fat milk
- Reduced-fat yogurt
- Reduced-fat cheeses
- Reduced-fat sour cream
- Sugar-free ice cream/frozen yogurt

Meat and Protein

- Chicken breast (skin removed)
- Turkey breast (skin removed)
- Lean beef
- Lean pork
- Bacon (pork or turkey)
- Sausage (pork, beef or turkey)
- Eggs
- Nuts

- Mineral water
- Club soda
- Diet soft drinks (sugar-free)
- Diet drink mixes (sugar-free iced tea, lemonade or fruit juice)
- Unsweetened iced tea
- Unsweetened coffee

Fish and Shellfish

- Cod or flounder
- Clams
- Salmon
- Tuna
- Sole
- Shrimp or lobster

Soups

- Minestrone
- Barley
- Lentil
- Vegetarian (with or without beans)
- Chicken vegetable
- Bouillon

Prepared Salads

- Egg salad
- Tuna salad
- Chicken salad
- Bean salad
- Vegetable tossed salad

Candy/Desserts

- Sugar-free gelatin
- Sugar-free hard candies
- Sugar-free chocolate
- Sugar-free gum

Condiments

- Sugar-free jams/jellies
- Mayonnaise
- Mustard
- Low sugar salad dressings
- Salsa
- Creamer
- Butter or margarine

Seasonings and Herbs

- All fresh or dried herbs
- Flavored extracts
- Hot sauce
- Garlic
- Horseradish
- Worcestershire sauce

Sugar Alternatives

- Sucralose (Splenda brand)
- Aspartame (Equal brand)
- Acesulfame K (Sweet One brand)
- Saccharin (Sweet 'n Low brand)
- Stevia (herb)
- Sugar alcohols such as xylitol and erythritol

Fats

- Avocado
- Olives and olive oil
- Canola, safflower, sunflower and peanut oil
- Peanuts
- Walnuts
- Sesame seeds
- Almonds
- Cashews
- Herring, mackerel, and sardines
- Pecans
- Flaxseed and flaxseed oil
- Tofu