

Diabetes Friendly Food Pantry

CHOOSE THESE ITEMS

NOTES

GRAINS

- Brown rice
- Oatmeal
- Popcorn (light)
- Whole grain breads or crackers
- Whole grain cereals (choose less sugar)
- Whole grain pasta



VEGETABLES & FRUIT

- Fresh vegetables and fruit (if available)
- Canned vegetables (no salt added)
- Canned fruits (in 100% juice)
- Tomato sauce
- Raisins
- Salsa
- Soup with vegetables (reduced sodium)



PROTEINS

- Fresh meat or eggs (if available)
- Canned chicken, tuna or salmon
- Canned beans (low sodium)
- Dry beans or lentils
- Nuts & Seeds (unsalted)
- Peanut butter



SEASONINGS

- Black pepper
- Chili powder
- Cinnamon
- Garlic powder
- Italian seasoning
- Onion powder
- Seasoning mixes (salt-free)

