

## Diabetic Food List

This is not an exhaustive list, but a guide of foods suggested by the [American Diabetes Association](#) to help you manage your diabetes. Be sure to talk over your dietary choices with your nutritionist, dietician or physician to help you determine the proper balance of carbs, fat and protein for your circumstance.

<p><b>Whole Grains</b></p> <ul style="list-style-type: none"> <li>• Bran</li> <li>• Oats</li> <li>• Wheat -- including wheat germ</li> <li>• Bulgur</li> <li>• Popcorn</li> <li>• Farrow</li> <li>• Triticale</li> <li>• Brown rice</li> <li>• Rye</li> <li>• Quinoa</li> </ul>	<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Pears</li> <li>• Kiwi</li> <li>• Berries</li> <li>• Peaches</li> <li>• Plums</li> <li>• Oranges</li> <li>• Tangerines</li> <li>• Cherries</li> <li>• Melons</li> <li>• Figs</li> <li>• Dates</li> </ul>
<p><b>Beans and Legumes</b></p> <ul style="list-style-type: none"> <li>• Chickpeas</li> <li>• Kidney beans</li> <li>• Lentils</li> <li>• Navy beans</li> <li>• Soybeans</li> <li>• Black-eyed peas</li> <li>• Lima beans</li> <li>• Pinto beans</li> </ul>	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Reduced-fat milk</li> <li>• Reduced-fat yogurt</li> <li>• Reduced-fat cheeses</li> <li>• Reduced-fat sour cream</li> <li>• Sugar-free ice cream/frozen yogurt</li> </ul>
<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Broccoli and cauliflower</li> <li>• Squash</li> <li>• String beans</li> <li>• Asparagus</li> <li>• Brussels sprouts</li> <li>• Cucumbers</li> <li>• Collards</li> <li>• Peppers</li> <li>• Radishes</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Celery</li> <li>• Plantain</li> </ul>	<p><b>Meat and Protein</b></p> <ul style="list-style-type: none"> <li>• Chicken breast (skin removed)</li> <li>• Turkey breast (skin removed)</li> <li>• Lean beef</li> <li>• Lean pork</li> <li>• Bacon (pork or turkey)</li> <li>• Sausage (pork, beef or turkey)</li> <li>• Eggs</li> <li>• Nuts</li> </ul>

**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

**Beverages**

- 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

**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