

Diabetic Shopping List



GOING SHOPPING

FRUITS & VEGETABLES

Fruits

low glycemic fruits

Berries
Green apples
Grapefruit
Pears
Cherries
Peaches
Kiwi
Lemon
Lime

Non-starchy veggies

however much you want

Tomatoes Garlic
Lettuce Spinach
Carrots Kale
Onion Brussels sprouts
Cauliflower Celery
Broccoli Zucchini
Cucumber

DAIRY

Low fat milk
Cottage cheese
Low fat yogurt
Low fat cheese

DAIRY ALTERNATIVES

Unsweetened soy milk
Unsweetened almond milk
Unsweetened flax milk

GRAINS

Quinoa
Buckwheat
Millet
Amaranth
Brown rice
Oats

PROTEIN

Meats

Chicken
Turkey

Fish

Salmon
Tuna
Herring
Sardines

Other

Eggs
Tofu
Legumes
Nuts & seeds