

Diabetic Food List

Name	Date
Age	Gender
Weight	Height
General guidelines • Aim for a balanced plate with half non-starchy vegetables, a quarter lean protein, and a quarter whole grains or healthy starches. • Watch portion sizes to manage carbohydrate intake. Use measuring cups, scales, or visual references. • Reduce intake of added sugars, sweets, and sugary beverages. Opt for natural sweeteners like stevia or limited amounts of honey or maple syrup if needed. • Choose high-fiber foods like whole grains, fruits, and vegetables. Fiber can help regulate blood sugar levels. • Incorporate healthy fats in moderation. They can help with satiety and blood sugar regulation. • Spread meals and snacks throughout the day to avoid extreme fluctuations in blood sugar levels. • Drink plenty of water and limit sugary drinks. Opt for water, herbal teas, or infused water. • Keep track of carbohydrates and their effects on blood sugar. A dietitian can help with specific carb counts tailored to your needs.	
Diabetic diet food list	
Whole grains	Non-starchy vegetables
• Quinoa • Brown rice • Oats • Barley • Whole grain bread and pasta	• Leafy greens (spinach, kale, lettuce) • Broccoli • Cauliflower • Bell peppers • Cucumber • Tomatoes • Carrots (in moderation)
Lean proteins	Healthy fats
• Skinless chicken or turkey • Fish (salmon, tuna) • Tofu • Legumes (beans, lentils)	• Avocado • Nuts (almonds, walnuts) • Seeds (chia, flaxseed) • Olive oil

Fruits (in moderation)	Dairy
• Berries (blueberries, strawberries) • Apples • Citrus fruits (oranges, grapefruits)	• Greek yogurt • Low-fat milk • Cheese
Foods to avoid	
Sugary foods	Refined carbohydrates
• Candies • Pastries • Regular soda • Sweetened cereals • Sugary snacks	• White bread • White rice • Regular pasta • Processed cereals
Saturated and trans fats	Highly processed foods
• Fried foods • Fatty cuts of meat • Processed snacks (chips, commercial baked goods) • High-fat dairy products	• Fast food • Packaged meals with high sodium and additives
Highly processed food	Sweetened beverages
• Fast food • Packaged meals with high sodium and additives	• Regular sodas • Sweetened fruit juices • Energy drinks
High-sodium food	Alcohol
• Canned soups • Processed meats • Fast food	• Excessive alcohol consumption can affect blood sugar levels and may interact with certain medications.
Recommendations	

Additional notes