

Cardiac Diabetic Diet Food List

A balanced diet for managing diabetes and heart health.

Key Goals

- Control Blood Sugar
 - Protect Heart Health
 - Rich in Nutrients & Fiber
 - Focus on Whole Foods
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Food Categories

Whole Grains

- Oats (rolled or steel-cut)
- Barley
- Quinoa
- Brown rice
- Bulgar wheat

Leafy Greens

- Spinach
- Kale
- Swiss chard
- Mustard greens
- Romaine lettuce

Fish (Rich in Omega-3 Fatty Acids)

- Salmon
- Mackerel
- Sardines
- Trout
- Herring

Nuts and Seeds

- Almonds
- Walnuts

- Chia seeds
- Flaxseeds
- Pumpkin seeds

Healthy Oils

- Olive oil
- Avocado oil
- Flaxseed oil
- Walnut oil

Low-Fat Dairy

- Skim milk
- Low-fat yogurt
- Kefir
- Low-fat cheese

Fruits

- Berries (strawberries, blueberries, raspberries)
- Apples
- Pears
- Oranges
- Kiwi

Vegetables

- Broccoli
- Brussels sprouts
- Carrots
- Bell peppers
- Tomatoes

Legumes and Beans

- Chickpeas
- Lentils
- Kidney beans
- Black beans
- Soybeans

Herbs and Spices

- Garlic
- Turmeric
- Cinnamon
- Ginger
- Basil

Additional Healthy Foods

- Avocado
- Sweet potatoes
- Peas
- Eggplant
- Squash