

Diabetes Diet Food List

Patient Name: _____ Date: _____

| Carbohydrates: | | | Proteins: | | Healthy Fats: |
|---|---|--|--|--|--|
| Whole grains: | Vegetables: | Legumes: | Lean meats: | Plant-based proteins: | |
| <input type="checkbox"/> Quinoa <input type="checkbox"/> Brown rice <input type="checkbox"/> Oats | <input type="checkbox"/> Leafy greens <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Lentils <input type="checkbox"/> Chickpeas <input type="checkbox"/> Black beans | <input type="checkbox"/> Skinless poultry <input type="checkbox"/> Fish (salmon, trout) <input type="checkbox"/> Lean beef or pork | <input type="checkbox"/> Tofu <input type="checkbox"/> Tempeh <input type="checkbox"/> Edamame | <input type="checkbox"/> Avocado <input type="checkbox"/> Olive oil Nuts and seeds (in moderation): <input type="checkbox"/> Almonds <input type="checkbox"/> Walnuts <input type="checkbox"/> Chia seeds |

| Dairy or Dairy Alternatives: | Fruits: | Beverages: | Snacks: | Sweeteners (use sparingly): |
|--|--|--|--|--|
| <input type="checkbox"/> Low-fat or fat-free yogurt <input type="checkbox"/> Unsweetened almond milk <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Berries (strawberries, blueberries) <input type="checkbox"/> Apples <input type="checkbox"/> Citrus fruits (oranges, grapefruits) | <input type="checkbox"/> Water <input type="checkbox"/> Herbal teas (unsweetened) <input type="checkbox"/> Sparkling water (no added sugars) | <input type="checkbox"/> Raw vegetables with hummus <input type="checkbox"/> Greek yogurt with berries <input type="checkbox"/> Air-popped popcorn (plain) | <input type="checkbox"/> Stevia <input type="checkbox"/> Monk fruit <input type="checkbox"/> Small amounts of honey or maple syrup |

Portion Control Tips:

- Use smaller plates.
- Pay attention to hunger and fullness cues.
- Aim for balanced meals with protein, carbohydrates, and fats.

Meal Planning Suggestions:

- Encourage variety for nutritional balance.
- Emphasize the importance of regular meals and snacks.