

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
<ul style="list-style-type: none">• Quinoa• Brown rice• Oats• Barley• Whole grain bread and pasta	<ul style="list-style-type: none">• Leafy greens (spinach, kale, lettuce)• Broccoli• Cauliflower• Bell peppers• Cucumber• Tomatoes• Carrots (in moderation)
Lean proteins	Healthy fats
<ul style="list-style-type: none">• Skinless chicken or turkey• Fish (salmon, tuna)• Tofu• Legumes (beans, lentils)	<ul style="list-style-type: none">• Avocado• Nuts (almonds, walnuts)• Seeds (chia, flaxseed)• Olive oil

Fruits (in moderation)	Dairy
<ul style="list-style-type: none">• Berries (blueberries, strawberries)• Apples• Citrus fruits (oranges, grapefruits)	<ul style="list-style-type: none">• Greek yogurt• Low-fat milk• Cheese
Foods to avoid	
Sugary foods	Refined carbohydrates
<ul style="list-style-type: none">• Candies• Pastries• Regular soda• Sweetened cereals• Sugary snacks	<ul style="list-style-type: none">• White bread• White rice• Regular pasta• Processed cereals
Saturated and trans fats	Highly processed foods
<ul style="list-style-type: none">• Fried foods• Fatty cuts of meat• Processed snacks (chips, commercial baked goods)• High-fat dairy products	<ul style="list-style-type: none">• Fast food• Packaged meals with high sodium and additives
Highly processed food	Sweetened beverages
<ul style="list-style-type: none">• Fast food• Packaged meals with high sodium and additives	<ul style="list-style-type: none">• Regular sodas• Sweetened fruit juices• Energy drinks
High-sodium food	Alcohol
<ul style="list-style-type: none">• Canned soups• Processed meats• Fast food	<ul style="list-style-type: none">• Excessive alcohol consumption can affect blood sugar levels and may interact with certain medications.
Recommendations	

Additional notes