

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