

Prediabetes Diet Food List

Patient Information

Name:

Date of Birth:

Health Goals:

Medications:

Other Relevant Information:

Non-Starchy Vegetables:

- Leafy greens (e.g., spinach, kale)
- Cruciferous vegetables (e.g., broccoli, cauliflower)
- Bell peppers
- Cucumbers
- Tomatoes
- Zucchini
- Brussels sprouts
- Asparagus
- Artichokes
- Mushrooms
- Other non-starchy veggies:

Fruits (in moderation):

- Berries (e.g., blueberries, strawberries, raspberries)
- Cherries
- Apples
- Pears
- Citrus fruits (e.g., oranges, grapefruits)
- Peaches
- Plums
- Grapes
- Kiwi
- Mango
- Other fruits:

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Farro
- Barley
- Bulgur

Dairy or Dairy Alternatives:

- Low-fat or fat-free yogurt
- Skim milk
- Dairy alternatives (e.g., almond milk, soy milk)
- Low-fat cheese
- Greek yogurt (unsweetened)
- Cottage cheese (unsweetened)

- Whole wheat pasta
- Buckwheat
- Millet
- Sorghum
- Other whole grains:

- Other dairy or alternatives:

Lean Proteins:

- Skinless chicken breast
- Turkey
- Fish (e.g., salmon, trout)
- Tofu
- Legumes (e.g., lentils, chickpeas)
- Eggs
- Greek yogurt (low-fat or fat-free)
- Cottage cheese (low-fat or fat-free)
- Lean cuts of beef or pork
- Other lean protein sources:

Healthy Fats:

- Avocados
- Nuts (e.g., almonds, walnuts, pistachios)
- Seeds (e.g., chia seeds, flaxseeds, pumpkin seeds)
- Olive oil (extra virgin)
- Fatty fish (e.g., mackerel, sardines, salmon)
- Natural nut butter (without added sugars)
- Dark chocolate (in moderation)
- Coconut oil (in moderation)
- Other sources of healthy fats:

Herbs and Spices:

- Cinnamon
- Turmeric
- Garlic
- Ginger
- Basil
- Rosemary
- Thyme
- Oregano
- Parsley
- Other herbs and spices:

Hydration:

- Water
- Herbal tea (unsweetened)
- Green tea (unsweetened)
- Infused water with fruits and herbs
- Sparkling water (unsweetened)
- Other zero-calorie beverages:

Foods to Limit or Avoid:

- Sugary snacks
- Sweetened beverages (sodas, energy drinks)
- Cakes and cookies
- White bread
- White rice
- Processed foods
- Fried foods
- Excessive red or processed meats
- Other foods to limit:

Portion Control and Meal Timing:

- Emphasize mindful eating
- Educate on appropriate portion sizes
- Encourage balanced meals and snacks
- Spread meals throughout the day
- Limit late-night snacking
- Other personalized recommendations:

Additional Notes: