

Prediabetes Diet Food List

Patient information	
Name:	Date of birth:
Medical history (if needed):	Medications (if any):
Allergies (if any):	Other relevant information:
Non-starchy vegetables	
<ul style="list-style-type: none">• 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 vegetables:	Preferences/recommendations:
Fruits (in moderation)	
<ul style="list-style-type: none">• Berries (e.g., blueberries, strawberries, raspberries)• Cherries• Apples• Pears• Citrus fruits (e.g., oranges, grapefruits)• Peaches• Plums• Grapes• Kiwi• Mango• Other fruits:	Preferences/recommendations:

Whole grains

- Quinoa
- Brown rice
- Oats
- Farro
- Barley
- Bulgur
- Whole wheat pasta
- Buckwheat
- Millet
- Sorghum
- Other whole grains:

Preferences/recommendations:

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)
- Other dairy or dairy alternatives:

Preferences/recommendations:

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:

Preferences/recommendations:

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:

Preferences/recommendations:

Herbs and spices

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

Preferences/recommendations:

Hydration

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

Preferences/recommendations:

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

- Mindful eating
- Appropriate portion sizes
- Balanced meals and snacks
- Spread meals throughout the day
- Limit late-night snacking
- Other personalized recommendations:

Additional notes

References

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