## **Prediabetes Diet Food List**

## **Patient Information** Name: Date of Birth: Health Goals: Medications: Other Relevant Information: Non-Starchy Vegetables: Fruits (in moderation): Berries (e.g., blueberries, strawberries, Leafy greens (e.g., spinach, kale) raspberries) Cruciferous vegetables (e.g., broccoli, Cherries cauliflower) Bell peppers **Apples** Cucumbers Pears **Tomatoes** Citrus fruits (e.g., oranges, grapefruits) Zucchini Peaches Brussels sprouts Plums Asparagus Grapes **Artichokes** Kiwi Mushrooms Mango Other non-starchy veggies: Other fruits: **Whole Grains: Dairy or Dairy Alternatives:** Quinoa Low-fat or fat-free yogurt Brown rice Dairy alternatives (e.g., almond milk, Oats soy milk) Farro Low-fat cheese Barley ☐ Greek yogurt (unsweetened)

Cottage cheese (unsweetened)

Bulgur

	Other dairy or alternatives:
<ul><li>Buckwheat</li></ul>	
☐ Sorghum	
Other whole grains:	
Lean Proteins:	Healthy Fats:
Skinless chicken breast	Avocados
Turkey	<ul><li>Nuts (e.g., almonds, walnuts, pistachios)</li></ul>
Fish (e.g., salmon, trout)	Seeds (e.g., chia seeds, flaxseeds, pumpkin seeds)
☐ Tofu	Olive oil (extra virgin)
Legumes (e.g., lentils, chickpeas)	Fatty fish (e.g., mackerel, sardines,
□ Eggs	salmon)
Greek yogurt (low-fat or fat-free)	<ul><li>Natural nut butter (without added sugars)</li></ul>
Cottage cheese (low-fat or fat-free)	Dark chocolate (in moderation)
Lean cuts of beef or pork	Coconut oil (in moderation)
Other lean protein sources:	Other sources of healthy fats:
Herbs and Spices:	Hydration:
Herbs and Spices:  Cinnamon	Hydration:
•	
Cinnamon	☐ Water
☐ Cinnamon ☐ Turmeric	☐ Water ☐ Herbal tea (unsweetened)
Cinnamon  Turmeric  Garlic	<ul><li> □ Water</li><li> □ Herbal tea (unsweetened)</li><li> □ Green tea (unsweetened)</li></ul>
Cinnamon  Turmeric  Garlic  Ginger	<ul> <li>□ Water</li> <li>□ Herbal tea (unsweetened)</li> <li>□ Green tea (unsweetened)</li> <li>□ Infused water with fruits and herbs</li> </ul>
Cinnamon  Turmeric  Garlic  Ginger  Basil	<ul> <li>□ Water</li> <li>□ Herbal tea (unsweetened)</li> <li>□ Green tea (unsweetened)</li> <li>□ Infused water with fruits and herbs</li> <li>□ Sparkling water (unsweetened)</li> </ul>
Cinnamon Turmeric Garlic Ginger Basil Rosemary	<ul> <li>□ Water</li> <li>□ Herbal tea (unsweetened)</li> <li>□ Green tea (unsweetened)</li> <li>□ Infused water with fruits and herbs</li> <li>□ Sparkling water (unsweetened)</li> </ul>
Cinnamon Turmeric Garlic Ginger Basil Rosemary Thyme	<ul> <li>□ Water</li> <li>□ Herbal tea (unsweetened)</li> <li>□ Green tea (unsweetened)</li> <li>□ Infused water with fruits and herbs</li> <li>□ Sparkling water (unsweetened)</li> </ul>
Cinnamon Turmeric Garlic Ginger Basil Rosemary Thyme Oregano	<ul> <li>□ Water</li> <li>□ Herbal tea (unsweetened)</li> <li>□ Green tea (unsweetened)</li> <li>□ Infused water with fruits and herbs</li> <li>□ Sparkling water (unsweetened)</li> </ul>

Foods to Limit or Avoid:	Portion Control and Meal Timing:
☐ Sugary snacks	☐ Emphasize mindful eating
<ul><li>Sweetened beverages (sodas, energy drinks)</li></ul>	☐ Educate on appropriate portion sizes
☐ Cakes and cookies	☐ Encourage balanced meals and snacks
☐ White bread	☐ Spread meals throughout the day
☐ White rice	Limit late-night snacking
☐ Processed foods	Other personalized recommendations:
☐ Fried foods	<del></del>
☐ Excessive red or processed meats	
Other foods to limit:	

## **Additional Notes:**