## **Prediabetes Diet Food List**

## **Patient Information**

Name:

Date of Birth:

Health Goals:

Medications:

Other Relevant Information:

Non-Starchy Vegetables:	Fruits (in moderation):
Leafy greens (e.g., spinach, kale)	<ul> <li>Berries (e.g., blueberries, strawberries, raspberries)</li> </ul>
<ul> <li>Cruciferous vegetables (e.g., broccoli, cauliflower)</li> </ul>	
□ Bell peppers	Apples
Tomatoes	Citrus fruits (e.g., oranges, grapefruits)
Zucchini	Peaches
Brussels sprouts	
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	☐ Skim milk
Oats	<ul> <li>Dairy alternatives (e.g., almond milk, soy milk)</li> </ul>
□ Farro	Low-fat cheese
☐ Barley	Greek yogurt (unsweetened)
Bulgur	<ul> <li>Cottage cheese (unsweetened)</li> </ul>

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

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
$\Box$ Cakes and cookies	Encourage balanced meals and snacks
□ White bread	Spread meals throughout the day
White rice	Limit late-night snacking
<ul> <li>Processed foods</li> </ul>	Other personalized recommendations:
Fried foods	
Excessive red or processed meats	
Other foods to limit:	

## **Additional Notes:**