

Type 2 Diabetes Diet Food List

Instructions:

- Use this list as a guide to plan and track your diet for Type 2 Diabetes management.
- Focus on foods that are low in sugar and high in fiber, protein, and healthy fats.
- Always check labels for added sugars or unhealthy fats.
- Update the list based on your dietary preferences and experiences.
- Consult with a dietitian or healthcare provider for personalized advice.

Fruits and Vegetables

Fresh fruits (low glycemic index):

Fresh vegetables (non-starchy):

Frozen fruits (no added sugar):

Frozen vegetables (no added sauces):

Canned fruits/vegetables (in water or natural juices, no added sugar):

Meat and Fish

Lean cuts of meat (chicken, turkey, lean beef):

Fish (especially fatty fish like salmon, mackerel):

Plant-based protein sources (tofu, tempeh):

Dairy Products

Low-fat milk:

Low-fat cheese:

Greek yogurt (unsweetened):

Plant-based milk alternatives (unsweetened):

Whole Grains

Brown rice:

Whole grain bread (high fiber):

Quinoa:

Oats (steel-cut or old-fashioned):

Legumes

Beans (black, kidney, pinto, etc.):

Lentils:

Chickpeas:

Nuts and Seeds

Almonds, walnuts, pistachios (unsalted):

Chia seeds, flaxseeds:

Nut butters (no added sugar or salt):

Fats and Oils

Olive oil:

Avocado oil:

Canola oil:

Herbs, Spices, and Condiments

Fresh herbs (basil, cilantro, parsley):

Spices (turmeric, cinnamon, ginger):

Vinegar (apple cider, balsamic):

Mustard, salsa (low sugar):

Beverages
Water:
Herbal teas (unsweetened):
Black coffee (no added sugar):

Snacks and Packaged Products
Whole grain crackers (low sodium):
Air-popped popcorn (no added butter or sugar):
Low-sugar yogurt:

Notes and Brand Preferences

Doctor's Name & Signature:

Date: _____