Your Diabetes-Friendly Shopping List

Vegetables
Tip: These nonstarchy veggies can fill the “produce” portion of your plate.

☐ Artichokes
☐ Asparagus
☐ Beets
☐ Bell peppers
☐ Broccoli
☐ Brussels sprouts
☐ Cauliflower
☐ Carrots
☐ Celery
☐ Cucumber
☐ Eggplant
☐ Green beans
☐ Jicama
☐ Leafy greens
☐ Leeks, onions
☐ Mushrooms
☐ Snow peas
☐ Summer squash
☐ Tomatoes
☐ Zucchini

Fruit
Tip: Opt for fresh, and avoid added sugars if you go with canned or frozen instead.

☐ Apples
☐ Apricots
☐ Berries
☐ Bananas
☐ Cherries
☐ Citrus fruit
☐ Grapes
☐ Kiwifruit
☐ Mangoes
☐ Melons
☐ Nectarines
☐ Peaches
☐ Pears
☐ Pineapple
☐ Plums

Seasonings
Tip: Research suggests cinnamon, cloves, and allspice may have a stabilizing effect on blood sugar.

☐ Fresh herbs (rosemary, basil, mint, cilantro, chives, dill, etc.)
☐ Low-sodium spices
☐ Vinegars (cider, red wine, rice wine, etc.)

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Whole Grains
*Tip: Look for 3 grams of fiber per serving.*
- Whole-grain cereals
- Whole oats or steel-cut oats for oatmeal
- Whole-wheat breads and tortillas
- Whole-wheat or whole-grain crackers
- Whole-wheat pasta, quinoa, brown rice, barley
- Air-popped popcorn
- Buckwheat or whole-wheat flour for baking

Lean Meats, Poultry, Fish, and Meat Substitutes
- Lean, skinless cuts of white-meat chicken or turkey
- Lean, trimmed cuts of pork or beef (limit red meat)
- Fatty fish (salmon, herring, trout, sardines, etc.)
- Tofu
- Eggs (no more than six per week)

Nuts, Seeds, and Legumes
*Tip: Rinse canned beans thoroughly to remove as much added salt as possible.*
- Dried or canned beans (black, pinto, navy, garbanzo, etc.)
- Unsalted nuts (walnuts, almonds, peanuts, hazelnuts, etc.)
- Nut butters (peanut butter, almond butter, etc.)
- Flax seeds, sesame seeds, pumpkin seeds
- Lentils

Dairy
- Low-fat or nonfat milk
- Low-fat or nonfat yogurt with no added sugar
- Low-fat, low-sodium cheese

Fats and Oils
- Vegetable oils (canola, olive, flaxseed, safflower, etc.)
- Low-fat or nonfat mayonnaise
- Trans-fat-free margarine
- Fat-free cooking spray
- Olive-oil-based salad dressings

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