

can I eat this?

diabetic friendly foods cheat-sheet



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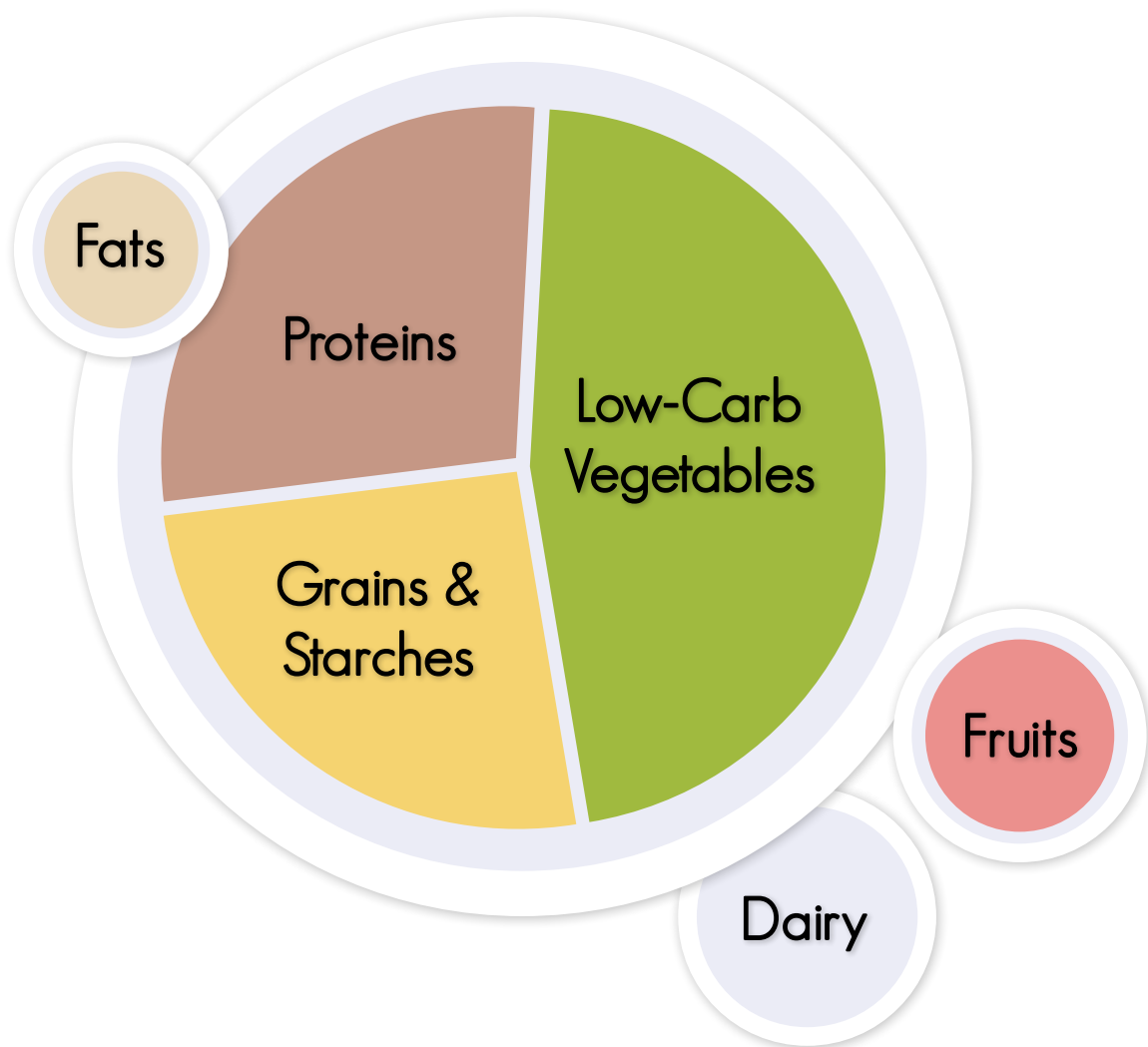
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the diabetic's ideal meal

Use the following graphic as a guide for your daily food intake. Then, use the cheat-sheet on the following pages to find out what foods are suggested best choices within each category!



Avoid

Enjoy in
Small Amounts

Enjoy in
Moderation!

Fats, Oils and Sugars

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Butter• Margarine• Shortening• Lard• Palm oil• Regular mayo• Table sugar• Table salt• Candy• Regular soda | <ul style="list-style-type: none">• Avocado• Olive oil• Coconut oil• Flax seed oil• Canola oil• Vegetable oil• Mayo - low fat or with olive oil• Sugar-free whipped topping• Sugar-free Jello• Zero calorie sweeteners (Stevia preferred)• Zero calorie soda | |
|--|--|--|

Meats & Proteins

- | | | |
|---|---|---|
| <ul style="list-style-type: none">• Processed deli meats• Traditional bacon• Fried meats or fish• Tuna canned in oil• Poultry skin• High fat meats• Regular peanut butter | <ul style="list-style-type: none">• Whole eggs• Steak - filet and flank cuts• Natural peanut butter• Nuts & Seeds• Low-fat bacon, canadian bacon, or turkey bacon | <ul style="list-style-type: none">• Boneless, skinless chicken or turkey breast• 93% lean ground beef, turkey or chicken• Lean fish (white tuna in water, salmon, white fish, etc.)• Pork tenderloin• Egg whites• Low-sodium deli meats additives & nitrate free (chicken, turkey, roast beef)• Soy (tofu, edamame, etc.) |
|---|---|---|

Avoid

Enjoy in Small Amounts

Enjoy in Moderation!

Dairy

- Full-fat cheese
- Full-fat milk

- Low-fat cheese
- Low-fat cream-cheese
- Fat-free milk
- Low-fat (1%) milk
- Non-fat plain or reduced sugar regular yogurt

- Unsweetened soy milk
- Unsweetened almond milk
- Non-fat plain or reduced sugar Greek yogurt

Fruits

- Fruit drinks and punches
- Canned fruit with sugar syrup
- Sweetened applesauce
- Jam, jelly, and preserves with sugar added

- Apples
- Bananas
- Cherries
- Grapes
- Kiwis
- Mangoes
- Stonefruits (peaches, nectarines)
- Sweet citrus (oranges, tangerines, grapefruit, etc.)
- No sugar added or sugar substitute jam, jelly, or preserves

- Blackberries
- Blueberries
- Cranberries
- Lemons, Limes
- Melon (watermelon, cantaloup, and honeydew)
- Raspberries
- Strawberries

Avoid

Enjoy in
Small Amounts

Enjoy in
Moderation!

Breads, Grains, and Starches

- White flour
- Processed white flour foods (bread, buns, wraps, cookie bars, many cereals, donuts, etc.)
- Packaged foods labeled Fat-free, sugar-free, etc.

- White potato (baked or boiled)
- Whole-grain bread
- Whole-grain flours, such as whole wheat, quinoa, almond, coconut, etc.
- Whole-grain tortillas
- Corn, popcorn or products made from corn
- Whole grain cereals
- Whole wheat pasta

- Oatmeal (no sugar added)
- Whole grains, such as brown rice, quinoa, barley, buckwheat and bulgar
- Sweet potato (baked or boiled)

Avoid

Enjoy in
Small Amounts

Enjoy **FREELY!**

Vegetables

- Sweet onions
- Root vegetables (carrots, radishes, turnips, parsnips, beets, etc.)
- Peas
- Tomatoes
- Winter squashes (acorn, butternut)

- Lettuce
- Asparagus
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Green beans
- Kale
- Snow peas
- Spaghetti squash
- Spinach
- Swiss chard
- Summer squash
- Mushrooms
- Bean sprouts
- Zucchini