

DIABETIC FRIENDLY FOOD GUIDE

Non-Starchy Vegetables

- Leafy Greens (Spinach, Kale) **BEST**
- Broccoli & Cauliflower **BEST**
- Bell Peppers **BEST**
- Asparagus **BEST**
- Cucumber & Zucchini **BEST**

Lean Proteins

- Chicken Breast **LEAN**
- Fatty Fish (Salmon, Tuna) **OMEGA-3**
- Eggs **VERSATILE**
- Tofu & Tempeh **PLANT**
- Turkey **LEAN**

Low-GI Carbohydrates

- Quinoa **FIBER**
- Steel-Cut Oats **FIBER**
- Sweet Potatoes **MODERATE**
- Lentils & Chickpeas **BEST**
- Brown Rice **WHOLE**

Healthy Fats & Snacks

- Avocado **FATS**
- Raw Almonds/Walnuts **FATS**
- Greek Yogurt (Unsweetened) **PROTEIN**
- Berries (Blueberries, Strawberries) **LOW SUGAR**
- Chia Seeds **FIBER**

Foods to Limit

Sugary Sodas

White Bread

Processed Fruit Juices

Sweetened Cereals

Trans Fats

* This is a general guide template. Consult a healthcare provider for a personalized meal plan.