

DIABETIC FRIENDLY GROCERY LIST



Non-Starchy

Vegetables: Leafy

- ☐ greens (Spinach, Lettuce)
- ☐ Broccoli
- ☐ Cauliflower Bell
- ☐ peppers Cabbage
- ☐ Zucchini
- ☐ Asparagus Green
- ☐ beans Onions
- ☐ Tomatoes
- ☐
- ☐

Fruits:

- ☐ Berries
- ☐ Apples
- ☐ Pears
- ☐ Oranges
- ☐ Grapefruit
- ☐ Cherries
- ☐ Plums
- ☐ Peaches
- ☐ Apricots
- ☐ Kiwi
- ☐ Green Banana
- ☐ Avocado
- ☐ Watermelon
- ☐ Coconut
- ☐ Guava
- ☐ Jackfruit
- ☐ Lemon
- ☐ Lime

Dairy and Dairy

Alternatives:

- ☐ Greek yogurt
- ☐ Almond milk
- ☐ Soy milk
- ☐ Kefir
- ☐ Cottage Cheese
- ☐ Cheese
- ☐ Natural Butter
- ☐ Ghee

Protein Sources:

- ☐ Eggs
- ☐ Lean Cuts of Meat
- ☐ Fish (Salmon, Tuna)
- ☐ Tofu
- ☐ Tempeh

Spreads, Oils & Dips:

- ☐ Natural Peanut Butter
- ☐ Mustard Oil
- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Vinegar
- ☐ Tahini
- ☐ Avocado Oil
- ☐ Tzatziki
- ☐ Hummus

Beverages:

- ☐ Water
- ☐ Black Coffee
- ☐ Black/Green Tea
- ☐ Herbal Tea
- ☐ Unsweetened Coffee or Tea with Dairy Free Milk

Whole Grains and

Legumes:

- ☐ Multigrain Bread
- ☐ Quinoa Barley
- ☐ Grouts Bulgur
- ☐ Wheat Wild Rice
- ☐ Buckwheat flour
- ☐ Chickpea Flour
- ☐ Kamut Flour
- ☐ Quinoa Flour
- ☐ Spelt Flour Oats
- ☐ (Steel-Cut) Lentils
- ☐ Chickpeas
- ☐ Black/Navy/Pinto
- ☐ Beans Kidney
- ☐ Beans
- ☐

Herbs & Spices:

- ☐ Garlic
- ☐ Ginger
- ☐ Turmeric
- ☐ Chili Powder
- ☐ Rock Salt
- ☐ Black Pepper
- ☐ Italian Seasoning
- ☐ Rosemary
- ☐ Mint
- ☐ Oregano
- ☐ Sage
- ☐ Basil
- ☐ Thyme
- ☐ Cardamon
- ☐ Cinnamon

Nuts and Seeds:

- ☐ Almonds
- ☐ Walnuts
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Pistachio
- ☐ Peanuts
- ☐ Chia Seeds
- ☐ Flaxseeds
- ☐ Pumpkin Seeds
- ☐ Sesame Seeds

Cans/Jars:

- ☐ Bone Broth
- ☐ Salsa
- ☐ Unsalted Cans of Any Bean Variety
- ☐ Jar of Vegetable of Choice (soaked in their own juices with minimal preservatives)

Condiments:

- ☐ Hot Sauce
- ☐ Mustard
- ☐ Dijon Mustard
- ☐ Apple Cider Vinegar
- ☐ White Vinegar
- ☐ Nutritional Yeast
- ☐ Sauerkraut
- ☐ Kimchi
- ☐ Lime Juice
- ☐ Lemon Juice
- ☐