



THE DIABETIC FOOD LIST

*FOODS TO EAT
MORE & LESS*

Cherokee Family 
HEALTHCARE

DIABETIC FOOD LIST: *FOODS TO EAT MORE*

NON-STARCHY VEGETABLES

Leafy greens
(spinach,
kale, lettuce)
Broccoli
Cauliflower
Bell peppers
Cabbage
Zucchini
Asparagus
Green beans
Tomatoes
Mushrooms



FRUITS

Berries
Apples
Pears
Oranges
Grapefruit
Cherries
Plums
Peaches
Apricots
Kiwi
Avocado



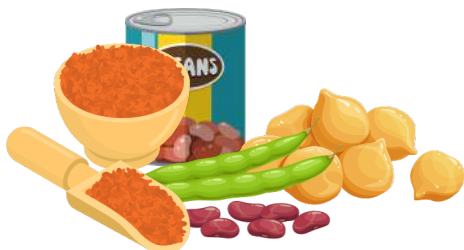
WHOLE GRAINS

Multigrain bread
Pumpkin bread
Sprouted bread
Quinoa
Barley
Bulgur
Wild Rice
Buckwheat flour
Chickpea flour
Spelt flour
Whole wheat pasta
Oats (steel-cut)



LEGUMES

Lentils
Chickpeas Black
beans Pinto
beans Kidney
beans Cannellini
Beans Split Peas
Black-Eyed Peas
Green Peas
Adzuki Beans



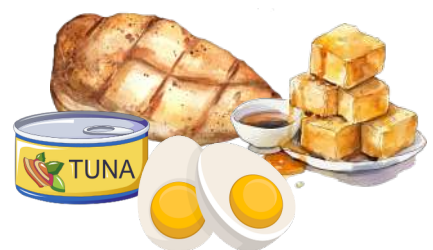
DAIRY & DAIRY ALTERNATIVES

All Unsweetened:
Greek yogurt
Almond milk
Soy milk
Kefir
Cottage Cheese
Cheese



PROTEIN SOURCES

Eggs
Chicken breast
Turkey breast
Salmon
Mackerel
Trout
Tuna
Tofu
Tempeh



DIABETIC FOOD LIST: *FOODS TO EAT MORE*

SPREADS, DIPS & OILS

Nut butters
Guacomole
Hummus Tzatziki
Salsa Olive
Tapenade
Mustard Olive oil
Coconut oil
Avocado oil
Balsamic Vinegar
Tahini



UNSALTED NUTS & SEEDS

Almonds
Walnuts Peanuts
Cashews
Pistachios Chia
seeds Flaxseeds
Pumpkin seeds
Sesame seeds
Hemp seeds
Fenugreek seeds



HERBS & SPICES

Cinnamon
Turmeric
Ginger
Garlic
Oregano
Cumin
Coriander
Basil
Rosemary
Thyme
Parsley
Fenugreek



BEVERAGES

Water
Sparkling Water
Naturally infused
water with fruits,
cucumber, lemon
Green Tea
Herbal Tea
Black Coffee



SNACKS

Tuna + cheese
Roasted spicy
chickpeas
Yogurt parfait
Apple slices + nut
butter
Cottage cheese
Homemade popcorn
+ herbs
Peanut butter
protein balls



DESSERTS

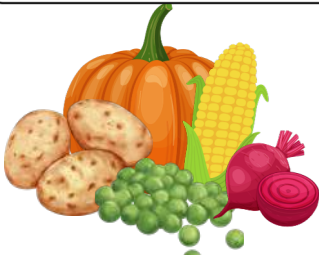
Dark chocolate + nuts
Baked apple +
Sprinkled cinnamon
Chia seed pudding
Peanut butter banana
nice cream
Dark chocolate
dipped strawberries
Avocado + cacao
pudding with berries



DIABETIC FOOD LIST: *FOODS TO EAT LESS*

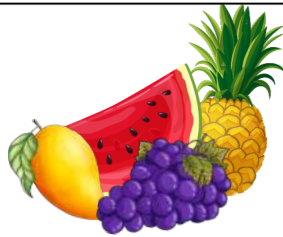
STARCHY VEGETABLES

Sweet potatoes
Corn Green peas
Potato Sweet
potato Carrots
(cooked)
Butternut squash
Acorn squash
Pumpkin Beets
Plantains



FRUITS

Grapes
Watermelon
Mango
Cantaloupe
Papaya
Pineapple
Ripe Banana



PROCESSED BREADS & FLOUR

White bread
Flat bread
French bread
Cornbread
Bagels
Waffles
Pancakes
Donuts
English muffins
White all-purpose flour
White flour tortilla



PROCESSED & REFINED RICE

White rice
Instant rice
Basmati rice
Jasmine rice
Arborio rice
Sushi rice
Instant oats



PASTA & NOODLES

White Pasta
Egg Noodles
Ramen Noodles
Instant Noodles
Regular Gnocchi
Regular Macaroni



HISGWHE FEATTN-MERESA

Sugar (Sucrose)
High-fructose corn
syrup
Agave nectar
Honey
Maple Syrup
Molasses
Coconut sugar
Brown sugar
Date sugar



DIABETIC FOOD LIST: *FOODS TO EAT LESS*

DAIRY

Regular milk
Flavored milk
Sweetened yogurts
Processed cheese
Sweetened condensed milk



SPREADS, DIPS & OILS

Jams and jellies
Sweetened nut butters
Chocolate spreads
Flavored cream cheese
Vegetable oils
Hydrogenated oils
Mayonnaise
Sour cream
Processed cheese dips



SALTED NUTS & DRIED FRUIT

Salted almonds
Salted walnuts
Salted peanuts
Salted cashews
Salted pistachios
Raisins
Dried mango
Dried apricot
Dried figs
Dried banana chips



SWEETENED BEVERAGES

Soda
Fruit juices
Fruit punch
Sweetened iced tea
Sports drinks
Energy drinks
Sweetened coffee
Sweetened tea
Commercially made fruit smoothies
Milkshakes



PROCESSED SNACKS

Crackers
Buttery Popcorn
Chips
Pretzels
Pastries
Muffins
Cookies
Granola bars
Candy
Chocolate bars



SUGARY/HIGH FAT DESSERTS

Ice cream
Pies
Cakes
Sweetened yogurt parfaits
Sweetened puddings
Sweetened gelatin desserts
Flavored frozen yogurt





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THE LIFESTYLE CURE

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