

Diabetic Grocery List



Bread/Grains

- brown/wild rice
- whole wheat pasta
- whole wheat bread
- cereal
- oatmeal
- crackers
- _____

Meat

- salmon
- other fish
- canned tuna (in water, not oil)
- poultry
- low-fat lunch meat
- lean beef or pork
- _____
- _____

Beverages

- coffee
- tea
- diet soda
- vegetable juice
- water
- _____
- _____

Dairy

- low-fat milk
- soy milk
- cheese
- cottage cheese
- butter/margarine
- eggs
- yogurt
- _____
- _____

Snacks

- nuts
- graham crackers
- sugar-free jello
- sugar-free pudding
- _____
- _____
- _____

Frozen

- vegetables
- frozen dinners
- sugar-free ice cream
- _____

Cans/Jars

- low-salt canned vegetables
- canned fruit in its own juices
- broth
- salsa
- _____
- _____

Condiments

- vinegar
- lemon juice
- mustard
- ketchup
- olive or canola oil
- salad dressing
- sugar-free spices
- _____

Fruits/Veggies

- apples
- asparagus
- bananas
- berries
- beans
- broccoli
- corn
- cucumber
- garlic
- greens
- herbs
- melons
- onions
- oranges
- pineapple
- potatoes
- spinach
- squash
- tomato
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