

Your Diabetes-Friendly Shopping List

Vegetables

Tip: These nonstarchy veggies can fill the “produce” portion of your plate.

- Artichokes
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Celery
- Cucumber
- Eggplant
- Green beans
- Jicama
- Leafy greens
- Leeks, onions
- Mushrooms
- Snow peas
- Summer squash
- Tomatoes
- Zucchini

Tip: These starchy veggies can fill the “starch” section of your plate.

- Corn
- Green peas
- Parsnips
- Potatoes
- Winter squash

Fruit

Tip: Opt for fresh, and avoid added sugars if you go with canned or frozen instead.

- Apples
- Apricots
- Berries
- Bananas
- Cherries
- Citrus fruit
- Grapes
- Kiwifruit
- Mangoes
- Melons
- Nectarines
- Peaches
- Pears
- Pineapple
- Plums

Seasonings

Tip: Research suggests cinnamon, cloves, and allspice may have a stabilizing effect on blood sugar.

- Fresh herbs (rosemary, basil, mint, cilantro, chives, dill, etc.)
- Low-sodium spices
- Vinegars (cider, red wine, rice wine, etc.)

Whole Grains

Tip: Look for 3 grams of fiber per serving.

- Whole-grain cereals
- Whole oats or steel-cut oats for oatmeal
- Whole-wheat breads and tortillas
- Whole-wheat or whole-grain crackers
- Whole-wheat pasta, quinoa, brown rice, barley
- Air-popped popcorn
- Buckwheat or whole-wheat flour for baking

Nuts, Seeds, and Legumes

Tip: Rinse canned beans thoroughly to remove as much added salt as possible.

- Dried or canned beans (black, pinto, navy, garbanzo, etc.)
- Unsalted nuts (walnuts, almonds, peanuts, hazelnuts, etc.)
- Nut butters (peanut butter, almond butter, etc.)
- Flax seeds, sesame seeds, pumpkin seeds
- Lentils

Lean Meats, Poultry, Fish, and Meat Substitutes

- Lean, skinless cuts of white-meat chicken or turkey
- Lean, trimmed cuts of pork or beef (limit red meat)
- Fatty fish (salmon, herring, trout, sardines, etc.)
- Tofu
- Eggs (no more than six per week)

Dairy

- Low-fat or nonfat milk
- Low-fat or nonfat yogurt with no added sugar
- Low-fat, low-sodium cheese

Fats and Oils

- Vegetable oils (canola, olive, flaxseed, safflower, etc.)
- Low-fat or nonfat mayonnaise
- Trans-fat-free margarine
- Fat-free cooking spray
- Olive-oil-based salad dressings