

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

- Broccoli
- Cauliflower
- Cucumber
- Green beans
- Kale
- Spinach
- Sweet potato

Fruits

- Apple
- Banana
- Blueberry
- Cherry
- Citrus fruit
- Grapefruit
- Peach
- Pineapple
- Raspberry
- Strawberry

Grains

- Whole grain bread
- Whole grain pasta
- Whole grain rice
- Whole grain cereal
- Whole grain flour
- Whole grain meal
- Whole grain oil
- Whole grain vinegar
- Whole grain salt
- Whole grain sugar

Protein Sources

- Lean meat (chicken, turkey, beef, pork)
- Lean fish (salmon, tuna, cod, tilapia)
- Lean poultry (chicken, turkey)
- Lean dairy (milk, yogurt, cheese)
- Lean eggs
- Lean nuts and seeds
- Lean legumes (beans, lentils, peas)
- Lean tofu

FOODS TO AVOID

Vegetables

- White potatoes
- White rice
- White bread
- White flour
- White meal
- White oil
- White vinegar
- White salt
- White sugar

Processed Food Products

- Processed meat (bacon, ham, sausage)
- Processed cheese
- Processed dairy (milk, yogurt, cheese)
- Processed eggs
- Processed nuts and seeds
- Processed legumes (beans, lentils, peas)
- Processed tofu

Refined Grains

- Refined bread
- Refined pasta
- Refined rice
- Refined cereal
- Refined flour
- Refined meal
- Refined oil
- Refined vinegar
- Refined salt
- Refined sugar

DIABETES FOOD LIST

Disclaimer: This chart is intended for educational and general reference purposes only. Although we aim for accuracy, we cannot ensure that all data is complete or entirely reliable. The author is not liable for any errors, omissions, or potential consequences from using this information. Always seek advice from healthcare professionals for specific medical and nutritional guidance. Use this information responsibly.

Glycemic Index (GI)

LOW (1-55)

MEDIUM (56-69)

HIGH (70-100)

*Values apply to the specific serving sizes listed for each food

Food	Serving Size	GI	Food	Serving Size	GI
Almonds	1 oz (28g)	15	Apples	1 medium	35
Avocados	1 medium	15	Asparagus	1 cup	15
Bananas	1 medium	48	Beets	1 cup	15
Berries	1 cup	55	Broccoli	1 cup	15
Blackberries	1 cup	55	Cauliflower	1 cup	15
Blueberries	1 cup	55	Cheese	1 oz	15
Bran	1 cup	15	Citrus fruit	1 medium	35
Brown rice	1 cup	55	Corn	1 cup	55
Buckwheat	1 cup	55	Cucumber	1 cup	15
Bulgur	1 cup	55	Eggs	1 large	55
Burnt toast	1 slice	55	Figs	1 cup	55
Butter	1 oz	15	Grapefruit	1 medium	35
Butter beans	1 cup	55	Green beans	1 cup	15
Butter chicken	1 cup	55	Kale	1 cup	15
Butter lettuce	1 cup	15	Lean meat	3 oz	15
Butter milk	1 cup	55	Lean fish	3 oz	15
Butter oil	1 cup	55	Lean poultry	3 oz	15
Butter spread	1 cup	55	Lean dairy	1 cup	15
Butter sauce	1 cup	55	Lean eggs	1 large	55
Butter butter	1 cup	55	Lean nuts and seeds	1 oz	15
Butter butter	1 cup	55	Lean legumes	1 cup	15
Butter butter	1 cup	55	Lean tofu	1 cup	15
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
Butter butter	1 cup	55	Lean salt	1 cup	15
Butter butter	1 cup	55	Lean sugar	1 cup	55
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Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
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Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
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Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
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Butter butter	1 cup	55	Lean salt	1 cup	15
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Butter butter	1 cup	55	Lean oil	1 cup	15
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Butter butter	1 cup	55	Lean salt	1 cup	15
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Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
Butter butter	1 cup	55	Lean salt	1 cup	15
Butter butter	1 cup	55	Lean sugar	1 cup	55
Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
Butter butter	1 cup	55	Lean salt	1 cup	15
Butter butter	1 cup	55	Lean sugar	1 cup	55
Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
Butter butter	1 cup	55	Lean salt	1 cup	15
Butter butter	1 cup	55	Lean sugar	1 cup	55
Butter butter	1 cup	55	Lean meal	1 cup	55
Butter butter	1 cup	55	Lean oil	1 cup	15
Butter butter	1 cup	55	Lean vinegar	1 cup	15
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Checklist Nutrition Guide

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Checklist Nutrition Guide:

Reviewing **Checklist Nutrition Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Checklist Nutrition Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Checklist Nutrition Guide

1. Understanding the eBook Checklist Nutrition Guide
 - The Rise of Digital Reading Checklist Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Checklist Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Checklist Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Checklist Nutrition Guide
 - Personalized Recommendations
 - Checklist Nutrition Guide User Reviews and Ratings
 - Checklist Nutrition Guide and Bestseller Lists

5. Accessing Checklist Nutrition Guide Free and Paid eBooks
 - Checklist Nutrition Guide Public Domain eBooks
 - Checklist Nutrition Guide eBook Subscription Services
 - Checklist Nutrition Guide Budget-Friendly Options
6. Navigating Checklist Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Checklist Nutrition Guide Compatibility with Devices
 - Checklist Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Checklist Nutrition Guide
 - Highlighting and Note-Taking Checklist Nutrition Guide
 - Interactive Elements Checklist Nutrition Guide
8. Staying Engaged with Checklist Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Checklist Nutrition Guide
9. Balancing eBooks and Physical Books Checklist Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Checklist Nutrition Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Checklist Nutrition Guide
 - Setting Reading Goals Checklist Nutrition Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Checklist Nutrition Guide
 - Fact-Checking eBook Content of Checklist Nutrition Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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