

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

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

Fruits

- Apple
- Banana
- Blueberry
- Cherry
- Citrus fruit
- Dragonfruit
- Grapefruit
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Pineapple
- Raspberries
- Strawberries
- Watermelon

Grains

- Barley
- Bulgur wheat
- Farro
- Freekeh
- Whole grain bread
- Whole grain pasta
- Whole grain rice
- Whole grain quinoa
- Whole grain rye
- Whole grain spelt
- Whole grain wheat
- Whole grain barley
- Whole grain corn
- Whole grain millet
- Whole grain oats
- Whole grain sorghum
- Whole grain teff
- Whole grain triticale
- Whole grain amaranth
- Whole grain buckwheat
- Whole grain millet
- Whole grain quinoa
- Whole grain rye
- Whole grain spelt
- Whole grain wheat
- Whole grain barley
- Whole grain corn
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- Whole grain sorghum
- Whole grain teff
- Whole grain triticale
- Whole grain amaranth
- Whole grain buckwheat

FOODS TO AVOID

Vegetables

- Almond butter
- Almond oil
- Almond meal
- Almond flour
- Almond milk
- Almond butter
- Almond oil
- Almond meal
- Almond flour
- Almond milk

Processed Meat Products

- Hot dogs
- Salami
- Pepperoni
- Ham
- Pastrami
- Coriander
- Mustard
- Mayo
- Ketchup
- Soy sauce
- Worcestershire sauce
- Tabasco sauce
- Hot sauce
- Mustard
- Mayo
- Ketchup
- Soy sauce
- Worcestershire sauce
- Tabasco sauce
- Hot sauce

Refined Grains

- White rice
- White bread
- White pasta
- White flour
- White sugar
- White oil
- White salt
- White vinegar
- White wine
- White vinegar
- White wine

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	Almonds	1 oz (28g)	15
Apples	1 medium	35	Apples	1 medium	35
Avocados	1 medium	15	Avocados	1 medium	15
Bananas	1 medium	45	Bananas	1 medium	45
Barley	1 cup (158g)	25	Barley	1 cup (158g)	25
Berries	1 cup (144g)	55	Berries	1 cup (144g)	55
Brown rice	1 cup (158g)	50	Brown rice	1 cup (158g)	50
Buckwheat	1 cup (112g)	55	Buckwheat	1 cup (112g)	55
Cauliflower	1 cup (100g)	15	Cauliflower	1 cup (100g)	15
Chickpeas	1 cup (158g)	25	Chickpeas	1 cup (158g)	25
Citrus fruit	1 medium	35	Citrus fruit	1 medium	35
Corn	1 cup (158g)	55	Corn	1 cup (158g)	55
Cucumber	1 cup (100g)	15	Cucumber	1 cup (100g)	15
Dragonfruit	1 cup (158g)	55	Dragonfruit	1 cup (158g)	55
Guava	1 medium	35	Guava	1 medium	35
Kale	1 cup (100g)	15	Kale	1 cup (100g)	15
Kiwi	1 medium	35	Kiwi	1 medium	35
Lemon	1 medium	35	Lemon	1 medium	35
Lime	1 medium	35	Lime	1 medium	35
Mango	1 medium	35	Mango	1 medium	35
Millet	1 cup (158g)	55	Millet	1 cup (158g)	55
Mint	1 cup (100g)	15	Mint	1 cup (100g)	15
Mustard	1 cup (100g)	15	Mustard	1 cup (100g)	15
Nuts	1 cup (158g)	15	Nuts	1 cup (158g)	15
Oats	1 cup (158g)	55	Oats	1 cup (158g)	55
Pineapple	1 medium	35	Pineapple	1 medium	35
Pineapple juice	1 cup (158g)	35	Pineapple juice	1 cup (158g)	35
Pineapple slices	1 cup (158g)	35	Pineapple slices	1 cup (158g)	35
Pineapple smoothie	1 cup (158g)	35	Pineapple smoothie	1 cup (158g)	35
Pineapple syrup	1 cup (158g)	35	Pineapple syrup	1 cup (158g)	35
Pineapple vinegar	1 cup (158g)	35	Pineapple vinegar	1 cup (158g)	35
Pineapple wine	1 cup (158g)	35	Pineapple wine	1 cup (158g)	35
Pineapple oil	1 cup (158g)	35	Pineapple oil	1 cup (158g)	35
Pineapple salt	1 cup (158g)	35	Pineapple salt	1 cup (158g)	35
Pineapple vinegar	1 cup (158g)	35	Pineapple vinegar	1 cup (158g)	35
Pineapple wine	1 cup (158g)	35	Pineapple wine	1 cup (158g)	35
Pineapple oil	1 cup (158g)	35	Pineapple oil	1 cup (158g)	35
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Checklist Nutrition Guide

L Cohen

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Checklist Nutrition Guide:

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

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