

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

- Broccoli
- Cauliflower
- Cucumber
- Green beans
- Green peas
- Spinach
- Sweet corn
- Tomato
- Zucchini

Fruits

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

Grains

- Wholemeal bread
- Wholemeal pasta
- Wholemeal rice
- Wholemeal flour
- Wholemeal cornmeal
- Wholemeal bran
- Wholemeal germ
- Wholemeal husk
- Wholemeal meal
- Wholemeal shorts
- Wholemeal suet
- Wholemeal wheat
- Wholemeal wholemeal
- Wholemeal wholemeal flour
- Wholemeal wholemeal meal
- Wholemeal wholemeal shorts
- Wholemeal wholemeal suet
- Wholemeal wholemeal wheat
- Wholemeal wholemeal wholemeal
- Wholemeal wholemeal wholemeal flour
- Wholemeal wholemeal wholemeal meal
- Wholemeal wholemeal wholemeal shorts
- Wholemeal wholemeal wholemeal suet
- Wholemeal wholemeal wholemeal wheat
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Whole Grains

- Wholemeal bread
- Wholemeal pasta
- Wholemeal rice
- Wholemeal flour
- Wholemeal cornmeal
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- Wholemeal germ
- Wholemeal husk
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- Wholemeal wholemeal
- Wholemeal wholemeal flour
- Wholemeal wholemeal meal
- Wholemeal wholemeal shorts
- Wholemeal wholemeal suet
- Wholemeal wholemeal wheat
- Wholemeal wholemeal wholemeal

FOODS TO AVOID

Vegetables

- Artichoke
- Asparagus
- Beetroot
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Kale
- Leeks
- Lentils
- Mushrooms
- Onions
- Parsnips
- Potatoes
- Radishes
- Raspberries
- Spinach
- Sweet corn
- Tomatoes
- Turnips
- Zucchini

Processed Meat Products

- Bacon
- Beef
- Chicken
- Ham
- Hot dogs
- Meatballs
- Meatloaf
- Pork
- Sausages
- Steak
- Turkey

Refined Grains

- White bread
- White pasta
- White rice
- White flour
- White cornmeal
- White bran
- White germ
- White husk
- White meal
- White shorts
- White suet
- White wheat
- White wholemeal
- White wholemeal flour
- White wholemeal meal
- White wholemeal shorts
- White wholemeal suet
- White wholemeal wheat
- White wholemeal wholemeal

DIABETES FOOD LIST

Warning: 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
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)	10
Berries	1 cup (144g)	10	Biscuits	1 medium	75
Biscuits	1 medium	75	Breads	1 slice (28g)	70
Breads	1 slice (28g)	70	Brown rice	1 cup (158g)	50
Brown rice	1 cup (158g)	50	Butter	1 tbsp (14g)	99
Butter	1 tbsp (14g)	99	Cabbage	1 cup (90g)	10
Cabbage	1 cup (90g)	10	Cake	1 slice (28g)	75
Cake	1 slice (28g)	75	Cauliflower	1 cup (90g)	10
Cauliflower	1 cup (90g)	10	Chickpeas	1 cup (158g)	28
Chickpeas	1 cup (158g)	28	Chips	1 cup (158g)	70
Chips	1 cup (158g)	70	Citrus fruit	1 medium	30
Citrus fruit	1 medium	30	Corn	1 cup (158g)	55
Corn	1 cup (158g)	55	Cornmeal	1 cup (158g)	55
Cornmeal	1 cup (158g)	55	Couscous	1 cup (158g)	55
Couscous	1 cup (158g)	55	Cranberries	1 cup (144g)	10
Cranberries	1 cup (144g)	10	Cucumbers	1 cup (90g)	10
Cucumbers	1 cup (90g)	10	Dates	1 medium	65
Dates	1 medium	65	Defrosted frozen fruit	1 cup (158g)	10
Defrosted frozen fruit	1 cup (158g)	10	Flaxseed	1 tbsp (14g)	15
Flaxseed	1 tbsp (14g)	15	Figs	1 medium	60
Figs	1 medium	60	Garlic	1 clove (3g)	10
Garlic	1 clove (3g)	10	Ginger	1 tsp (5g)	10
Ginger	1 tsp (5g)	10	Glass of water	1 cup (240g)	0
Glass of water	1 cup (240g)	0	Grains	1 cup (158g)	50
Grains	1 cup (158g)	50	Green beans	1 cup (90g)	10
Green beans	1 cup (90g)	10	Ham	1 slice (28g)	75
Ham	1 slice (28g)	75	Honey	1 tsp (5g)	60
Honey	1 tsp (5g)	60	Hot dogs	1 medium	75
Hot dogs	1 medium	75	Ice cream	1 cup (158g)	70
Ice cream	1 cup (158g)	70	Jelly	1 cup (158g)	70
Jelly	1 cup (158g)	70	Ketchup	1 tsp (5g)	10
Ketchup	1 tsp (5g)	10	Lentils	1 cup (158g)	28
Lentils	1 cup (158g)	28	Macaroni	1 cup (158g)	55
Macaroni	1 cup (158g)	55	Mango	1 medium	45
Mango	1 medium	45	Maple syrup	1 tsp (5g)	60
Maple syrup	1 tsp (5g)	60	Melons	1 medium	30
Melons	1 medium	30	Milk	1 cup (240g)	30
Milk	1 cup (240g)	30	Mint	1 cup (90g)	10
Mint	1 cup (90g)	10	Mushrooms	1 cup (90g)	10
Mushrooms	1 cup (90g)	10	Nuts	1 cup (158g)	15
Nuts	1 cup (158g)	15	Onions	1 cup (90g)	10
Onions	1 cup (90g)	10	Oranges	1 medium	30
Oranges	1 medium	30	Pasta	1 cup (158g)	55
Pasta	1 cup (158g)	55	Peanut butter	1 tbsp (14g)	15
Peanut butter	1 tbsp (14g)	15	Pears	1 medium	35
Pears	1 medium	35	Pineapple	1 medium	30
Pineapple	1 medium	30	Potatoes	1 medium	85
Potatoes	1 medium	85	Pumpkin	1 cup (90g)	10
Pumpkin	1 cup (90g)	10	Raspberries	1 cup (144g)	10
Raspberries	1 cup (144g)	10	Rice	1 cup (158g)	50
Rice	1 cup (158g)	50	Rhubarb	1 cup (90g)	10
Rhubarb	1 cup (90g)	10	Salmon	1 cup (90g)	10
Salmon	1 cup (90g)	10	Sausages	1 medium	75
Sausages	1 medium	75	Shrimp	1 cup (90g)	10
Shrimp	1 cup (90g)	10	Spinach	1 cup (90g)	10
Spinach	1 cup (90g)	10	Strawberries	1 cup (144g)	10
Strawberries	1 cup (144g)	10	Sweet corn	1 cup (90g)	10
Sweet corn	1 cup (90g)	10	Tomatoes	1 cup (90g)	10
Tomatoes	1 cup (90g)	10	Turkey	1 cup (90g)	10
Turkey	1 cup (90g)	10	Vanilla ice cream	1 cup (158g)	70
Vanilla ice cream	1 cup (158g)	70	Waffles	1 medium	75
Waffles	1 medium	75	Yogurt	1 cup (240g)	30
Yogurt	1 cup (240g)	30	Zucchini	1 cup (90g)	10
Zucchini	1 cup (90g)	10			

DIABETIC DINNER

Turkey Burger with Topped and Toppings
Lean ground turkey, whole wheat bun, lettuce, tomato, onion, cheese, ketchup, mustard, pickles, onions, mayo, and cheddar cheese.

Chicken Breast with Rice and Vegetables
Chicken breast, white rice, green beans, carrots, onions, and olive oil.

Steak & Spinach Salad
Steak, spinach, tomatoes, onions, and olive oil.

Salmon Steaks with Berries and Vegetables
Salmon steaks, white rice, green beans, carrots, onions, and olive oil.

Slow Cooker Beef with Carrots & Tomatoes
Ground beef, carrots, tomatoes, and onion.

Lentil Soup with Potatoes
Lentils, potatoes, carrots, and onion.

Lentil Curry with Spinach
Lentils, spinach, tomatoes, and onion.

Turkey & Zucchini Soup
Turkey, zucchini, tomatoes, and onion.

Food	Serving Size	GI	Food	Serving Size	GI
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)	10
Berries	1 cup (144g)	10	Biscuits	1 medium	75
Biscuits	1 medium	75	Breads	1 slice (28g)	70
Breads	1 slice (28g)	70	Brown rice	1 cup (158g)	50
Brown rice	1 cup (158g)	50	Butter	1 tbsp (14g)	99
Butter	1 tbsp (14g)	99	Cabbage	1 cup (90g)	10
Cabbage	1 cup (90g)	10	Cake	1 slice (28g)	75
Cake	1 slice (28g)	75	Cauliflower	1 cup (90g)	10
Cauliflower	1 cup (90g)	10	Chickpeas	1 cup (158g)	28
Chickpeas	1 cup (158g)	28	Chips	1 cup (158g)	70
Chips	1 cup (158g)	70	Citrus fruit	1 medium	30
Citrus fruit	1 medium	30	Corn	1 cup (158g)	55
Corn	1 cup (158g)	55	Cornmeal	1 cup (158g)	55
Cornmeal	1 cup (158g)	55	Couscous	1 cup (158g)	55
Couscous	1 cup (158g)	55	Cranberries	1 cup (144g)	10
Cranberries	1 cup (144g)	10	Cucumbers	1 cup (90g)	10
Cucumbers	1 cup (90g)	10	Dates	1 medium	65
Dates	1 medium	65	Defrosted frozen fruit	1 cup (158g)	10
Defrosted frozen fruit	1 cup (158g)	10	Flaxseed	1 tbsp (14g)	15
Flaxseed	1 tbsp (14g)	15	Figs	1 medium	60
Figs	1 medium	60	Garlic	1 clove (3g)	10
Garlic	1 clove (3g)	10	Ginger	1 tsp (5g)	10
Ginger	1 tsp (5g)	10	Glass of water	1 cup (240g)	0
Glass of water	1 cup (240g)	0	Grains	1 cup (158g)	50
Grains	1 cup (158g)	50	Green beans	1 cup (90g)	10
Green beans	1 cup (90g)	10	Ham	1 slice (28g)	75
Ham	1 slice (28g)	75	Honey	1 tsp (5g)	60
Honey	1 tsp (5g)	60	Hot dogs	1 medium	75
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Lentils	1 cup (158g)	28	Macaroni	1 cup (158g)	55
Macaroni	1 cup (158g)	55	Mango	1 medium	45
Mango	1 medium	45	Maple syrup	1 tsp (5g)	60
Maple syrup	1 tsp (5g)	60	Melons	1 medium	30
Melons	1 medium	30	Milk	1 cup (240g)	30
Milk	1 cup (240g)	30	Mint	1 cup (90g)	10
Mint	1 cup (90g)	10	Mushrooms	1 cup (90g)	10
Mushrooms	1 cup (90g)	10	Nuts	1 cup (158g)	15
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Pasta	1 cup (158g)	55	Peanut butter	1 tbsp (14g)	15
Peanut butter	1 tbsp (14g)	15	Pears	1 medium	35
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Pineapple	1 medium	30	Potatoes	1 medium	85
Potatoes	1 medium	85	Pumpkin	1 cup (90g)	10
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Raspberries	1 cup (144g)	10	Rice	1 cup (158g)	50
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Checklist Nutrition Guide

Debra D Sullivan

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