

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

- Broccoli
- Cauliflower
- Cucumber
- Green beans
- Leafy greens
- Onion
- Peas
- Spinach
- Sweet potato

Fruits

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

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, halibut)
- Lean poultry (chicken, turkey)
- Lean dairy (milk, yogurt, cheese)
- Lean eggs
- Lean nuts and seeds
- Lean legumes (beans, lentils, peas)
- Lean tofu
- Lean soy products

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
- Processed eggs
- Processed nuts and seeds
- Processed legumes
- Processed tofu
- Processed soy products

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

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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	15	Broccoli	1 cup	15
Blackberries	1 cup	15	Cauliflower	1 cup	15
Blueberries	1 cup	15	Cheese	1 oz	15
Bran	1 cup	15	Citrus fruit	1 medium	35
Brown rice	1 cup	50	Corn	1 cup	55
Buckwheat	1 cup	50	Cucumber	1 cup	15
Butter	1 oz	15	Eggs	1 large	50
Cabbage	1 cup	15	Flour	1 cup	50
Cantaloupe	1 cup	15	Fruit	1 cup	35
Cashews	1 oz	15	Grapefruit	1 medium	35
Carrots	1 cup	15	Ham	1 oz	50
Cauliflower	1 cup	15	Herbs	1 cup	15
Cheese	1 oz	15	Legumes	1 cup	15
Chickpeas	1 cup	15	Meat	1 oz	15
Citrus fruit	1 medium	35	Nuts	1 oz	15
Corn	1 cup	55	Onion	1 cup	15
Cucumber	1 cup	15	Pasta	1 cup	50
Dairy	1 cup	15	Peanut butter	1 oz	15
Eggs	1 large	50	Pineapple	1 cup	15
Flour	1 cup	50	Pineapple juice	1 cup	15
Fruit	1 cup	35	Pineapple slices	1 cup	15
Grapefruit	1 medium	35	Pineapple chunks	1 cup	15
Ham	1 oz	50	Pineapple rings	1 cup	15
Herbs	1 cup	15	Pineapple wedges	1 cup	15
Legumes	1 cup	15	Pineapple cubes	1 cup	15
Meat	1 oz	15	Pineapple balls	1 cup	15
Nuts	1 oz	15	Pineapple slices	1 cup	15
Onion	1 cup	15	Pineapple chunks	1 cup	15
Pasta	1 cup	50	Pineapple rings	1 cup	15
Peanut butter	1 oz	15	Pineapple wedges	1 cup	15
Pineapple	1 cup	15	Pineapple balls	1 cup	15
Pineapple juice	1 cup	15	Pineapple slices	1 cup	15
Pineapple slices	1 cup	15	Pineapple chunks	1 cup	15
Pineapple rings	1 cup	15	Pineapple wedges	1 cup	15
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