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## Diabetic Diet Food List

Vegetable and Fruits		Dairy and Alternatives	Meat and Other Proteins	Oils and Fats
Vegetables	Fruits			
Asparagus	Apples	Almond milk	Eggs 2</day)	Canola Oil
Broccoli	Bananas	Canned Milk	Fish (e.g., fresh salmon or canned light tuna)	Chia Seeds
Cabbage	Blackberries	Cottage cheese	Fresh or cured ham	Flaxseeds
Canned tomatoes	Dried fruit	Fat-free or skim milk	Ground beef	Mayonnaise
Canned vegetables	Grapefruit	Fortified soy beverage	Ground turkey	Peanut butter
Carrots	Grapes	Greek Yogurt	Lean meats	Salad dressing
Cauliflower	Kiwi	Kefir	Lean pork	Soft non-hydrogenated margarine
Celery	Melon	Mozzarella cheese	Meatless ground round	Sunflower seeds
Eggplant	Oranges	Ricotta cheese	Nut butter	Vegetable oil
Green beans	Peaches	Skim milk powder	Nuts	Walnuts
Greens	Pears	String cheese	Peanut butter	
Kale	Plums		Pork	
Mushrooms	Raisins		Seeds	
Onions	Raspberries		Skinless chicken breast	Spices and Condiments
Pease	Strawberries	Bread-Grain Products	Tofu	
Peppers				1 tablespoon ketchup
Snow peas		100% whole grain or wheat		Balsamic vinegar
Spinach		Amaranth		Cinnamon
Tomatoes		Barley		Horseradish
Turnips		Bran cereal		Hot sauce
	Frozen Fruit	Brown ]	Seafood	low calorie salad dressing
		Brown rice		Mayo with Olive Oil
Frozen Vegetables	Blueberries	Buckwheat	Canned Tuna or salmon	Sweet pickle relish
	Blackberries	Bulgar wheat	Cod fish	Yellow mustard
Broccoli	Raspberries	Bulgur	Herring fish	
Green beans	Strawberries	Chapatti/roti	Mackerel fish	Beans
Spinach	Cherries	Couscous	Salmon	
Edamame	Kiwi	Farro grain	Sardines	Kidney beans
Cauliflower rice	Banana	flat breads	Shrimp	Pinto beans
Brussel sprouts		Oatmeal	Tilapia fish	Black beans
		Oats	Trout or bass	Garbanzo beans
		Pitas	Tuna	Chickpeas
		Popcorn Kernels		Lentils
		Pot barley		Yellow split peas
		Quinoa		