

Diabetes-friendly grocery list

Print this handy diabetes-friendly grocery list before your next trip to the supermarket. It will help you make healthy choices for diabetes-friendly meals.

Meat and seafood

- Skinless chicken or turkey breasts
- Ground turkey or chicken
- Salmon, haddock, sole or cod

Grains and pasta

- Brown rice
- Whole grain pasta
- Quinoa

Salad dressings & condiments

- Extra virgin olive oil or canola oil
- Red wine vinegar
- Mustard
- Salsa

Bread

- Whole-grain or whole wheat bread
- Whole-grain tortillas

Cereals

- Whole-grain or multigrain cereals
- Steel-cut oatmeal
- Whole-grain cereal bar

Soy products

- Tofu
- Edamame
- Soy milk

Drinks

- Unsweetened green tea, herbal tea
- Bottled sparkling water

Other

- _____
- _____
- _____
- _____
- _____

Canned foods

- Diced, crushed or whole peeled tomatoes
- Tuna or salmon packed in water or broth
- Low-sodium soups and broths
- Black, kidney, garbanzo beans, lentils, split peas

Dairy

- Skim or low-fat milk
- Fat-free or low-fat yogurt
- Fat-free or low-fat cottage cheese
- Low-fat cheese
- Eggs or egg substitutes

Fruit and vegetables

- Fruit:** bananas, apples, oranges, mangoes, strawberries, blueberries, pears, cantaloupe
- Vegetables:** romaine, kale, baby spinach, broccoli, cauliflower, carrots, tomato, sweet potato

Frozen foods

- Frozen vegetables:** broccoli, spinach, green beans
- Frozen fruit:** strawberries, raspberries and blueberries (without added sugar)
- Whole-grain vegetable pizza

Snacks

- Whole-grain crackers
- Nuts (roasted & unsalted):** almonds, cashews, walnuts, peanuts, pistachios, pecans
- Seeds:** sunflower seeds, sesame seeds, flax seeds
- Almond, soy or peanut butter
- Hummus