

## DIABETIC FOODS TO EAT!

<i>Category of Food</i>	<i>Specific Types of Food to Eat</i>
<i>VEGETABLES</i>	Spinach, Kale, Swiss Chard, Lettuce, Cabbage, Broccoli, Cauliflower, Brussel Sprouts, Arugula, Asparagus, Bok Choy, Green Beans, Fennel, Green Peppers, Red/Yellow/Orange Peppers, Carrots, Cucumbers, Celery, Baby Potatoes, Squash, Spaghetti Squash, Tomatoes, Sundried Tomatoes, Beets, Pickles, Mushrooms, White/Red Radish, Parsnips, Turnips, Note: Limit Corn & Peas
<i>LOW GLYCEMIC FRUIT</i>	Raspberries, Cranberries (fresh), Strawberries, Blackberries, Tangerines, Nectarines, Navel Oranges, Pears, Peaches, Plums, Prunes, Coconut, Apples, Melons, Grapefruit, Apricots (fresh dried), Pomegranate, Lemon, Lime Note: Limit Blueberries, Apples, Bananas (green, ripe)
<i>NUTS &amp; SEEDS</i>	Almonds, Peanuts, Pecans, Hazelnuts, Cashews, Walnuts, Macadamia Nuts, Brazil Nuts, Pumpkin Seeds, Sunflower Seeds, Chia Seeds, Sesame Seeds, Nut Butters (with no added sugar)
<i>WHOLE GRAINS</i>	Bulgar, Quinoa, Amarant, Spelt, Buckwheat, Sorghum, Pulse Flours, Mung Bean Noodles, Parboiled Rice, Farro, Almond Flour, Coconut Flour
<i>BEANS</i> <i>(¼ cup cooked/couple times a week)</i>	Chickpeas, Kidney Beans, Black Beans, Navy Beans, Romano Beans, Soybeans/Edamame
<i>LENTILS</i> <i>(¼ cup cooked/couple times per week)</i>	Any Type of Lentils: Green/Red/Yellow/Brown/Black

<i>FERMENTED FOODS</i>	Tempeh, Kombucha, Kimchi, Kefir, Sauerkraut, Miso
<i>EGGS</i>	Eggs(!)
<i>HEALTHY FAT SOURCES</i>	Avocado, Olives, MCT Oil, Grass Fed Butter, Ghee
<i>ORGANIC, GRASS-FED, FREE RANGE, WILD-CAUGHT, Non-GMO ANIMAL PROTEIN</i>	Chicken, Turkey, Lamb, Small Fish Limit: Red Meat
<i>BEVERAGES</i>	Water, Tea, Black Coffee, Dairy Alternative Milk
<i>OILS &amp; VINEGARS</i>	Extra Virgin Olive Oil, Cold Pressed Coconut Oil, Avocado Oil, Apple Cider Vinegar, Red Wine Vinegar