

## DIABETIC FOODS TO AVOID!

| <i>Category of Food</i>                | <i>Specific Types of Food to Avoid</i>   |
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| <i>VEGETABLES</i>                      | Potato (Red, White, Hot) Instant mashed potato, Baked Potato, Sweet Potatoes, canned and pickled vegetables  |
| <i>HIGH GLYCEMIC FRUIT &amp; OTHER</i> | Banana (Brown, Overripe), Watermelon, Mango, Grapes, Dried fruit, Canned fruit with syrup, Jam/Jelly, Sweetened applesauce, Fruit Drinks & Juices  |
| <i>GRAINS</i>                          | Jasmine rice, Millet, Sticky Rice, White Rice (instant), White Pasta, Crackers and Pretzels, Completely Limit: Gluten Containing Wheat   |
| <i>BREADS</i>                          | Bread (White, Whole Wheat), Naan (White, Whole Wheat), Bagels, Tortilla, Cakes, Pizza Dough, Doughnuts, Muffins and other baked goods made of white flour                                  |
| <i>CEREAL</i>                          | All-Bran Flakes, Corn Flakes, Cream of Wheat (Instant), Puffed Wheat Cereal, Rice Krispies, Special K  |
| <i>DAIRY</i>                           | Rice Milk, Oat Milk, Low-Fat yogurt/Cheese/Cottage Cheese/Sour Cream, Ice Cream, Sweetened Yogurts<br>Note: Limit Buttermilk, Milk especially from non-pasture raised animals              |
| <i>MEAT</i>                            | Processed Red meat (Beef, Pork, Lamb), Bacon, Hot dogs, Deli meat, Anything Deep-fried, Poultry with skin  |
| <i>UNHEALTHY FAT SOURCES</i>           | Trans-fat, Cream-based dressings and dips with added sugar, Mayonnaise with added sugar, French Fries, Breaded and Battered foods, Potato Chips, Many Salad Dressings, Anything Deep Fried |

**SUGARS** Agave Syrup, Barley Malt, Brown Rice Syrup, Brown Sugar, Corn Syrup, Fruit Juice Concentrates, Dextrose, Fructose, Glucose, Icing Sugar, Honey, High Fructose Corn Syrup, Artificial Sweeteners, Invert Sugar, Lactose, Maltodextrins, Maltose, Maple Syrup, Barbeque Sauce, Jam, Molasses, Sucrose and White Sugar

**BEVERAGES** Sweetened Ice tea and lemonade, Diet Soda/ Sodas, Chocolate Drinks, Flavored/Specialty Coffee, Milkshakes, Energy Drinks, Sports Drinks, Fruit Juices and Smoothies, Cocktails, Alcohol (limit)

**OILS** Vegetable Oil, Safflower Oil, Soybean Oil, Peanut Oil, Canola Oil