

Fruit		Whole Grains
<ul style="list-style-type: none"> <li>Nectarines and peaches (freeze them to make smoothies)</li> <li>Canned fruit (individual-sized cups of mandarin oranges, peaches or fruit cocktail)</li> <li>Apples</li> <li>Banana</li> <li>Dried fruit — raisins, apples, cranberries.</li> <li>Oranges</li> <li>Clementine</li> <li>Pears</li> </ul>	<p style="text-align: center;"><b>Nuts</b></p> <ul style="list-style-type: none"> <li>Unsalted nuts</li> <li>Peanut butter and/or almond butter.</li> </ul> <p style="text-align: center;"><b>Protein</b></p> <ul style="list-style-type: none"> <li>Plant-based proteins</li> <li>Fish and seafood</li> <li>Chicken and other poultry</li> <li>Cheese and eggs</li> </ul>	<ul style="list-style-type: none"> <li>Unsweetened whole grain or bran cereal.</li> <li>Oats</li> <li>100% whole wheat bread or English muffins</li> <li>Bulgur (cracked wheat)</li> <li>Whole wheat flour</li> <li>Whole oats/oatmeal</li> <li>Whole grain corn/corn meal</li> <li>Popcorn</li> <li>Brown rice</li> <li>Whole rye</li> <li>Whole grain barley</li> <li>Wild rice</li> <li>Buckwheat</li> <li>Buckwheat flour</li> <li>Triticale Millet</li> <li>Quinoa</li> </ul>
Eggs & Dairy	Vegetables (choose from the non starchy)	Starchy Vegetables
<ul style="list-style-type: none"> <li>Eggs or egg substitute</li> <li>Skim or 1% milk</li> <li>Soy milk</li> <li>almond milk</li> <li>Light/non-fat yogurt (regular or Greek)</li> <li>Cottage cheese (1% or 2% low-fat)</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth or Chinese spinach</li> <li>Artichoke</li> <li>Beans (green, wax, Italian)</li> <li>Bean sprouts</li> <li>Beets</li> <li>Brussels sprouts</li> <li>Broccoli</li> <li>Cabbage</li> <li>Carrots</li> <li>Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>Parsnip</li> <li>Plantain</li> <li>Potato</li> <li>Pumpkin</li> <li>Acorn squash</li> <li>Butternut squash</li> <li>Green Peas Corn</li> <li>Etc.</li> </ul>

**TIPS:**

- When looking in the Internet, try to search for list of, for example: “top 5 non-starchy vegetables” choose the one you like the most and look for “(name of the non-starchy vegetable} recipe for diabetics).
- When buying things in the supermarket, ALWAYS read the label and look out for the **glycemic index** or **GI number**.
- Watch your portion sizes.
- Eat more grains, beans, and non-starchy vegetables than any other type of foods.
- Avoid mindless snacking in front of the TV or computer or while reading or driving. Stock up on healthy options so you always have them on hand.

**Good page for portions:** <http://dtc.ucsf.edu/pdfs/FoodLists.pdf>

**Good recipes:** <http://www.healthline.com/health/type-2-diabetes/seven-day-meal-plan>

- <http://www.everydayhealth.com/type-2-diabetes/breakfast-ideas-for-diabetes.aspx>