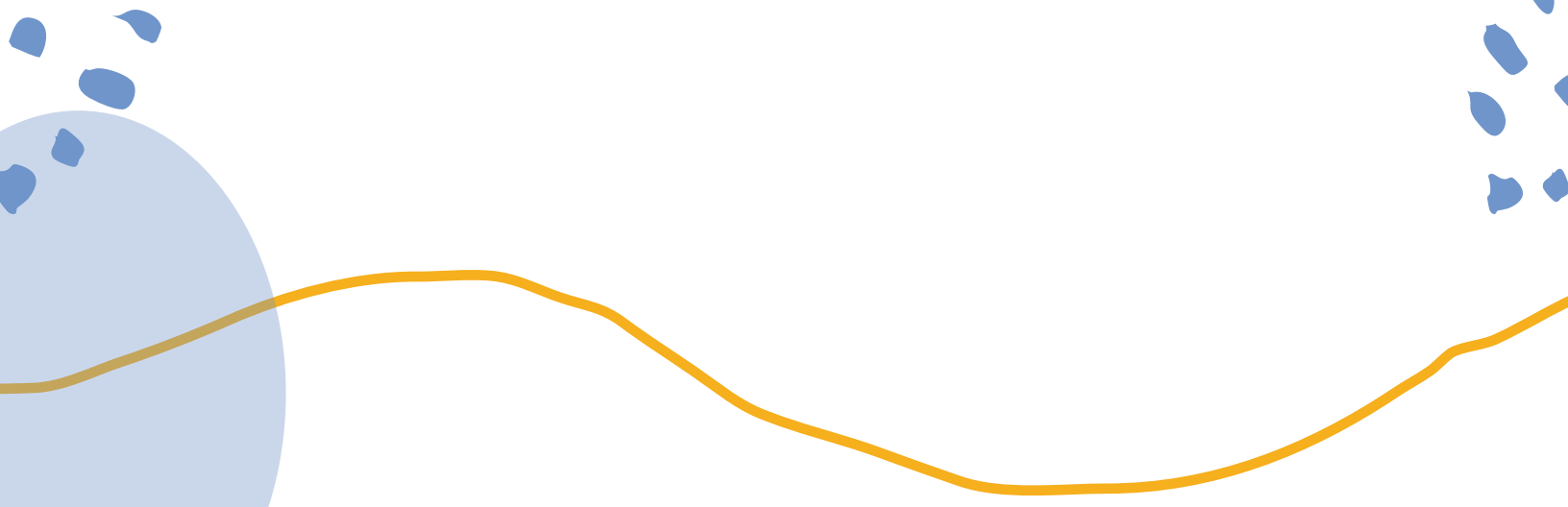


Diabetes Meal Planner

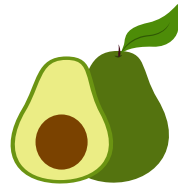


Diabetes Type 2 Food Guide

Foods that are low in sodium and low in saturated fats are helpful for diabetes.

Do's

- Asparagus
- Avocados
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Green beans
- Greens (collard, kale, mustard)
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini



Vegetables

- Apples
- Bananas
- Berries
- Cherries
- Grapefruit
- Lemon
- Oranges
- Pears
- Strawberries



Fruits

- Butter (unsalted)
- Cheese (low-fat)
- Cottage Cheese
- Cream cheese
- Milk (almond, soy, 1%, skim)
- Sour cream (nonfat)
- Yogurt (plain)



Dairy

- Beans
- Beef, lean
- Chicken (boneless, skinless)
- Eggs
- Hummus
- Nuts
- Salmon
- Tofu
- Tuna
- Turkey
- White fish



Protein

- Bread (whole-grain)
- Barley
- Cereal (whole-grain)
- Flour (whole-grain)
- Lentils
- Oatmeal
- Quinoa
- Rice (brown)



Grains

- Beer (light)
- Coffee (unsweetened)
- Sparkling water
- Tea (unsweetened)
- Water (unsweetened)



Drinks

Don'ts



Vegetables

- Canned vegetables (high-sodium)
- Canned soup (high-sodium)
- French fries
- Pickles (high-sodium)
- Sauerkraut (high-sodium)



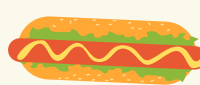
Fruits

- Applesauce (sweetened)
- Canned fruits (high-sugar)
- Dried fruits
- Fruit cups
- Fruit rolls
- Jam/Jelly
- Raisins



Dairy

- Butter (high-sodium)
- Cheese (regular)
- Ice cream
- Milk (whole)
- Sour cream (regular)
- Yogurt (Sweetened)



Protein

- Pork bacon
- Beef jerky
- Canned beans
- Deli meat
- Fried fish
- Fried meat
- Hot dogs/corn dogs
- Sausage



Grains

- Bread (white)
- Cereal (high-sugar)
- Flour (white)
- Pastries
- Rice (white)
- Pasta (white)
- Tortilla (white)



Drinks

- Beer (regular)
- Coffee (flavored)
- Fruit juice
- Fruit punch
- Energy Drinks
- Soda

Diabetes Grocery List

Foods that are low in sodium, sugar, and saturated fats are helpful for diabetes. Condiments such as ketchup can be eaten in small servings.

Vegetables



- Asparagus
- Avocados
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Greens (collard, kale, mustard)
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini

Protein



- Beans
- Beef (lean)
- Chicken (boneless, skinless)
- Chickpeas
- Eggs
- Nuts
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey
- White fish

Fruits



- Apples
- Bananas
- Blueberries
- Cherries
- Grapefruit
- Lemon
- Oranges
- Peaches
- Pears
- Raspberries
- Strawberries

Oils



- Canola oil
- Coconut oil
- Olive oil

Grains



- Bread (whole-grain)
- Barley
- Cereal (whole-grain)
- Flour (whole-grain)
- Lentils
- Oatmeal (low-sugar)
- Pasta (whole-wheat)
- Quinoa
- Rice (brown)
- Tortilla (whole-grain)

Frozen



- Fruits
- Frozen yogurt
- Protein
- Vegetables

Dairy



- Butter (unsalted)
- Cheese (low-fat)
- Cottage Cheese
- Cream cheese
- Milk (almond, soy, 1%, skim)
- Sour cream (nonfat)
- Yogurt (plain)

Baking



- Almond flour
- Baking powder
- Baking soda
- Chickpea flour
- Cornmeal
- Cornstarch
- Oat flour
- Whole-wheat flour
- Yeast

Condiments



- BBQ sauce (low-sugar)
- Hot sauce
- Hummus
- Ketchup
- Lemon/Lime
- Dijon mustard
- Pasta sauce
- Peanut butter
- Salad dressing (low-sugar)
- Soy sauce
- Vinegar

Drinks



- Beer (light)
- Coffee (unsweetened)
- Sparkling water
- Tea (unsweetened)
- Water (unsweetened)

Snacks



- Almonds
- Cashews
- Crackers (whole-grain)
- Peanuts
- Pistachios
- Popcorn (air-popped)
- Sunflower seeds
- Trail mix

Seasonings

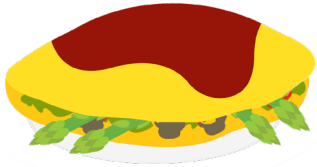


- Basil
- Cinnamon
- Curry
- Garlic powder
- Oregano
- Paprika
- Pepper
- Salt

Other

- _____
- _____
- _____
- _____
- _____

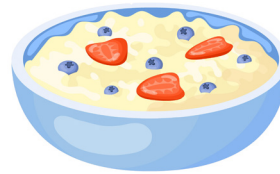
Diabetic Breakfast



Omelet with asparagus, onions, and mushrooms



Muesli cereal with apples



Oatmeal (low-sugar) with blueberries and strawberries



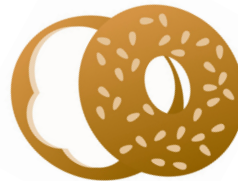
Yogurt (plain) with blueberries, strawberries, sunflower seeds, and cinnamon



Bran muffin with blueberries and a handful of almonds



Green smoothie with kiwi, spinach, apples, and banana



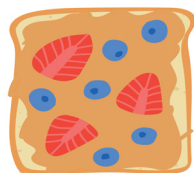
Bagel (whole-wheat) with cream cheese



Whole-grain toast topped with cream cheese and strawberries



Bagel (whole-wheat) with egg and tomato



Peanut butter, strawberries, and blueberries on whole-grain toast



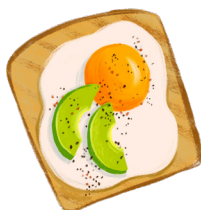
Bowl of whole-grain cereal with almond or low fat milk



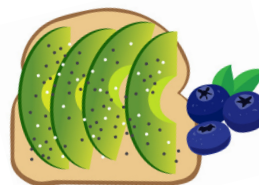
Cottage cheese with sunflower seeds, peaches, and cinnamon



Whole-grain toast topped with peanut butter and bananas



Whole-grain toast with egg and avocado



Avocados on whole-grain toast with blueberries



Egg frittata with tomatoes, mushrooms, spinach, and onions



Diabetic Lunch



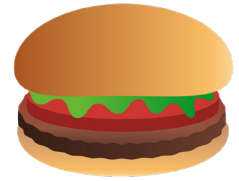
Veggie salad with lettuce, broccoli, black olives, cucumbers, eggs, and lemon vinaigrette



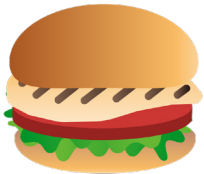
Grilled cheese sandwich with tomato soup



Whole-grain toast topped with salmon, cream cheese, and olives



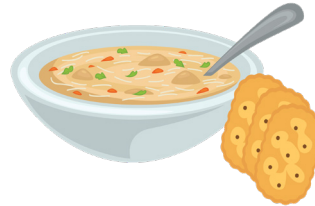
Veggie burger with tomato and lettuce



Grilled chicken sandwich with tomato and lettuce



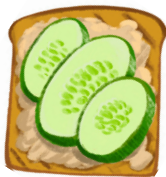
Black Bean Quesadillas



Chicken noodle soup with whole-grain crackers



Salad with tomatoes, onions, cucumbers, peppers, and lemon vinaigrette



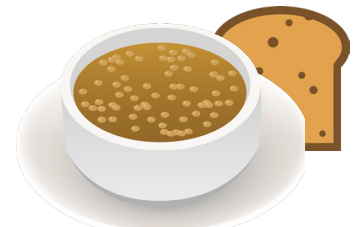
Whole-grain toast topped with tuna and cucumbers



Tofu salad with broccoli, cucumbers, tomatoes, kale, and low-fat milk



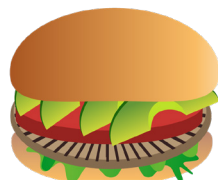
Whole-wheat pasta with alfredo sauce



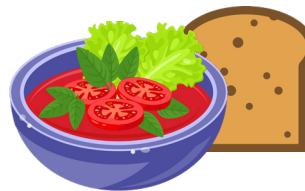
Lentil soup with whole-grain toast



Chickpea black bean salad with tomatoes, bell peppers, corn, and red onions



Mushroom burger with avocado, tomato, and lettuce



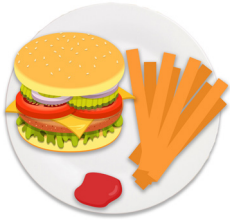
Tomato soup with whole-grain toast



Mushroom soup with whole-grain crackers



Diabetic Dinner



Veggie burger with baked, sweet potato fries and unsweetened ketchup



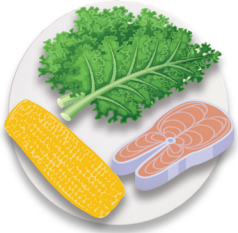
Cheesy broccoli quinoa



Tacos with black beans



Grilled chicken with wild rice and broccoli



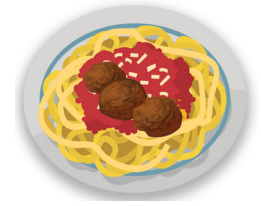
Baked lemon garlic tilapia with kale and corn



Glazed salmon with broccoli and brown rice



Beef Chili with pita bread or toast



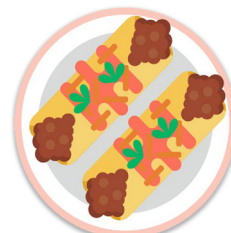
Whole-wheat spaghetti noodles with meatballs



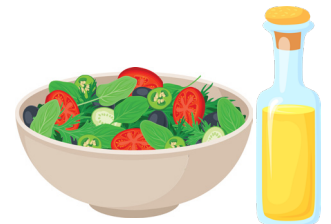
Chicken Fajitas with peppers and onions



Shrimp salad with cucumbers, tomatoes, and lemon vinaigrette



Black bean burritos with onions and bell peppers



Spinach salad with peppers, olives, tomatoes, cucumbers, and lemon vinaigrette



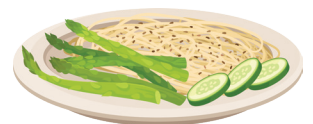
Black bean salad with red onions, corn, carrots, peppers, and tomatoes



Whole-wheat mushroom pasta



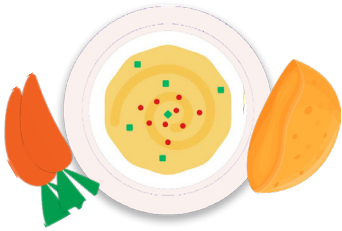
Chicken and vegetable soup with toast



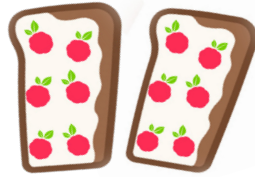
Spaghetti with alfredo sauce, asparagus, and cucumbers



Diabetic Snacks



Pita bread (whole-grain) with hummus and carrots



Whole-wheat toast topped with cream cheese and raspberries



Pita wrap with lettuce, cheese, hummus, and tomatoes



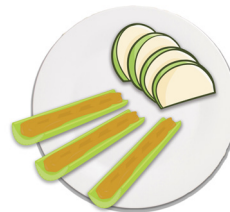
Celery with guacamole



Low-sodium trail mix



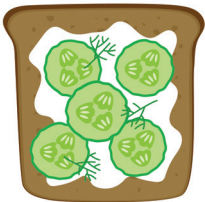
Crackers (whole-grain) topped with cheddar cheese



Celery with peanut butter and apples



Air-popped popcorn



Whole-wheat toast with sliced cucumbers and cream cheese



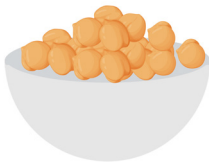
Hard-boiled eggs



Cashews and spicy almonds



Apple slices with peanut butter



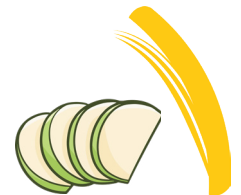
Roasted chickpeas



Shrimp cocktail with cucumbers, lettuce, tomatoes, and lemon



Bell peppers with hummus and a side of pistachios



Apples and string cheese



Blood Sugar Log

Date Date Date Date Date Date Date Date Date Date Date Date Date Date

Breakfast

Before Before Before Before Before Before Before Before Before Before Before Before Before Before

After After After After After After After After After After After After After After

Lunch

Before Before Before Before Before Before Before Before Before Before Before Before Before Before

After After After After After After After After After After After After After After

Dinner

Before Before Before Before Before Before Before Before Before Before Before Before Before Before

After After After After After After After After After After After After After After

Bedtime

Before Before Before Before Before Before Before Before Before Before Before Before Before Before

After After After After After After After After After After After After After After

Exercise

Before Before Before Before Before Before Before Before Before Before Before Before Before Before

After After After After After After After After After After After After After After

