

DIABETES-FRIENDLY GROCERY LIST

Use this list to help you make healthy choices at the grocery store.

Fruits and vegetables

Tips: Choose fruits and vegetables in a range of colors. Nonstarchy vegetables are the lowest in calories and carbohydrates. Count the carbs in your fruits and starchy vegetables just as you would for any other carbohydrate food group.

Fresh fruits

- berries (such as blueberries, blackberries, raspberries, or strawberries)
- bananas
- apples
- oranges
- grapefruit
- watermelon
- cantaloupe
- avocado

Nonstarchy vegetables

- broccoli
- cauliflower
- brussels sprouts
- green beans
- eggplant
- asparagus
- celery
- salad greens (such as arugula, kale, or romaine lettuce)
- carrots
- zucchini

Starchy vegetables

- winter squash
- corn
- sweet potatoes

Meat and seafood

Tips: Try to plan at least two servings of fish each week. Also aim to fit three servings of lean meat into your meal plan every week.

- fatty fish (such as salmon, sardines, or mackerel)
- chicken
- turkey breast
- lean meat

Legumes

Tip: Because they're similar enough in nutrients, you can include any legumes you like in your diet.

- beans (such as black beans, garbanzo beans, kidney beans, or lima beans)
- peanuts
- peas
- lentils

Frozen foods

Tip: Read the nutrient label to avoid products with lots of additives, sugar, or sodium.

- fruits
- vegetables
- single-serving desserts
- fish or shrimp

Breakfast cereals and snacks

Tips: Look for the words "whole grain," "whole wheat," "sprouted grain," and "high fiber." Choose foods with at least three grams of dietary fiber and fewer than eight grams of sugar per serving.

- cereal
- crackers
- snack bars
- nuts (such as almonds) or nut butter

Canned foods

Tip: Choose fruits packed in juice, not syrup, and look for low-sodium vegetables.

- fruits
- vegetables
- beans

Dairy and dairy alternatives

Tips: Try nondairy products, such as those made with soy, flax, almond, or hemp. Watch out for added sugars in yogurts.

- yogurt or greek yogurt
- milk
- cottage cheese

Grains

Tip: Look for the words "corn," "oats," "buckwheat," or "quinoa."

- bread
- pasta
- oatmeal
- rice (such as basmati rice, brown rice, or wild rice)