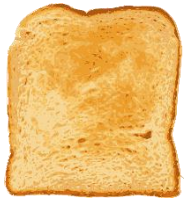


Diabetes Food Guide

Plan your daily or weekly meals using this food guide for diabetic patients. Ask your doctor about the best food choices to manage your health.

Carb Choices

Low to No Carb Choices



Starch & Bread

Fruits

Milk

Carbs

Veggies

Meat

Fats

- ¼ Bagel (4oz)
- ½ cup Beans
- 1 slice bread
- ½ cup cereal cooked
- ¾ cup cereal unsweetened
- ½ cup corn
- 4-5 snack crackers
- ½ English muffin
- ½ Hamburger bun
- 1 - 4 inch pancake ¼ in thick
- 1/3 cup pasta cooked
- ½ cup Peas
- ½ 6 inch Pita
- 3 cups Popcorn no butter
- ½ medium Potato
- ½ cup potato mashed
- 1/3 cup cooked rice
- 1 cup cooked squash
- 1 6 inch tortilla
- 1 small waffle

*Calories: 80
*Carbs: 15
*Protein: 3
*Fat: 0-1

- 1 small apple
- 4 whole apricots
- 1 small banana
- ¾ cup blueberries
- ¾ cup blackberries
- ½ cup canned fruit
- ¼ cup dried fruit
- 1/3 to ½ cup fruit juice
- 1.2 large grapefruit
- 17 small grapes
- 1 kiwi
- ½ small mango
- 1 cup melon cubes
- 1 small nectarine
- 1 small orange
- 1 medium peach
- ½ large pear
- ¾ cup pineapple
- 2 Tbsp. Raisins
- 1 cup raspberries
- 2 small plums
- 1 ¼ cup strawberries
- 2 small tangerines

*Calories: 60
*Carbs: 15
*Protein: 0
*Fat: 0

- 1 cup buttermilk
- ½ cup skim evaporated
- 1 cup goats milk
- 1 cup Kefir
- 1 cup low fat
- 1 cup non fat
- 1 cup non fat dry
- 1 cup soy
- 2/3 cup plain yogurt
- Sugar and fat free
- ¾ cup low fat yogurt artificially sweet

*Calories: 100
*Carbs: 12
*Protein: 8
*Fat: 3

- 2" square cake no icing
- ½ cup casserole
- ½ cup chili
- 2 small cookies
- ½ frosted cupcake
- ½ glazed donut
- 1 fruit juice bar
- 3 gingersnaps
- ½ cup ice cream
- 1 Tbsp. Maple syrup
- 1 Tbsp. Honey
- 1 Tbsp. Sugar
- 1/5 Large muffin
- 1/3 cup frozen yogurt non fat
- 1/8 Medium pizza thin crust
- 8-13 potato chips
- ½ cup pudding sugar free
- 1 cup soup or broth
- ½ cup spaghetti sauce
- 9-13 tortilla chips
- 5 vanilla wafers

*Calories: var.
*Carbs: 15
*Protein: var.
*Fat: var.

- ½ cup cooked or 1 cup raw
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Green beans
- Greens (Kale, Mustard, Collard)
- Mixed Vegetables (without corn, peas, pasta)
- Mushrooms
- Onions
- Pea Pods
- Peppers
- Salad Greens (lettuce or spinach)
- Tomatoes
- Tomato juice
- Turnips
- Zucchini

*Calories: 25
*Carbs: 5
*Protein: 2
*Fat: 0

- 1 oz. beef
- 1 oz. chicken, no skin
- 1 oz. fish
- 1 oz. ham
- 1 oz. lamb
- 1 oz. pork
- 1 oz. seafood
- 1 oz. veal

MEAT SUBSTITUTES

- ¾ cup cottage cheese
- 1 oz. cheese
- 1 egg
- ¾ cup egg substitute
- 2 egg whites
- 2 Tbsp. peanut butter
- ½ cups salmon (in water)
- 1 oz. tempeh
- ½ cup tofu
- 1 oz. tuna

*Calories: 75
*Carbs: 0
*Protein: 7
*Fat: 3-5

- 2 Tbsp. Avocado
- 1 slice bacon
- 1 tsp. butter
- 1 Tbsp. Cream cheese
- 2 Tbsp. Cream (half & Half)
- 1 tsp. Margarine
- 1 tsp. Mayonnaise
- 1 tsp. Oil
- 10 peanuts
- 1.2 Tbsp. peanut butter
- 1 Tbsp. salad dressing
- 2 Tbsp. sour cream

*Calories: 45
*Carbs: 0
*Protein: 0
*Fat: 5

Free Foods

UNLIMITED USE

- Bullion and broth
- Club soda
- Coffee or Tea
- Sugar Free Soda
- Sugar Free Jello
- Horseradish
- Lemon Juice
- Mustard
- Nonstick cooking spray
- Sugar Free popsicles
- Spices
- Sugar Substitutes
- Tabasco sauce
- Vinegar

LIMIT 3 OCCASIONALLY

- SF Candy, Cocoa Powder,
- Ketchup, Salsa, SF Jelly, Dill
- pickle, Soy sauce, Syrup,
- Taco Sauce

*Each, approximately