

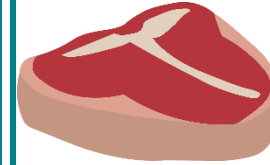
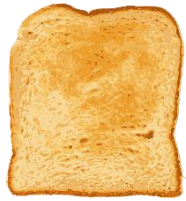
# Diabetes Food Guide

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

- 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

### Fruits

- 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

### Milk

- 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

### Carbs

- 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.

### Veggies

- 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

### Meat

- 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

### Fats

- 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