TYPES 2 DIABETES SPECIFIC FOOD CHART

THE MOST COMPLETE CHART FOR MANAGING:
BLOOD SUGAR ✓
MEAL PLANNING ✓
KIDNEYS HEALTH ✓

VEGETABLES & LEGUMES	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART	KIDNEY	EYES	NERVES	WEIGHT
☐ ADZUKI BEANS	1/2 CUP	19	4	17	150	8	0	9	✓	✓	✓	⚠	⚠
☐ ALFALFA (LUCERNE)	1/2 CUP	15	0	0.5	5	0	0	1	✓	✓	✓	✓	✓
☐ ARTICHOKE*	1/2 CUP	15	1	7	45	5	0	2	✓	✓	✓	✓	✓
☐ ARUGULA*	1/2 CUP	5	0	0.5	3	0	0	0	✓	✓	✓	✓	✓
☐ ASPARAGUS*	1/2 CUP	15	0	2	20	2	0	2	✓	✓	✓	⚠	✓
☐ BEAN SPROUTS*	1/2 CUP	25	0	2	15	1	0	2	✓	✓	✓	✓	✓
☐ BEET GREENS*	1/2 CUP	15	0	1	19	2	0	2	✓	✓	✓	✗	✓
☐ BEETROOT*	1/2 CUP	64	4	6	37	2	0	2	⚠	⚠	⚠	⚠	⚠
☐ BELL PEPPER*	1/2 CUP	10	0	3	20	2	0	1	✓	✓	✓	✓	✓
☐ BLACK BEANS	1/2 CUP	30	5	15	114	8	1	7	✓	✓	✓	⚠	⚠
☐ BOK CHOY*	1/2 CUP	1	0	1	10	1	0	1	✓	✓	✓	✓	✓
☐ BORLOTTI BEANS	1/2 CUP	35	5	15	120	8	1	8	✓	✓	✓	⚠	⚠
☐ BROAD BEANS	1/2 CUP	79	5	13	95	5	0	7	✓	✓	✓	⚠	⚠
☐ BROCCOLI*	1/2 CUP	10	0	3	27	3	0	3	✓	✓	✓	✓	✓
☐ BROCCOLINI*	1/2 CUP	15	0	3	23	2	0	2	✓	✓	✓	✓	✓
☐ BRUSSELS SPROUTS*	1/2 CUP	15	1	4	28	3	0	2	✓	✓	✓	✓	✓
☐ BUTTER BEANS	1/2 CUP	31	4	12	108	6	1	6	⚠	⚠	✓	⚠	⚠
☐ BUTTERNUT SQUASH*	1/2 CUP	51	6	11	40	2	0	1	⚠	⚠	✓	⚠	⚠
☐ CABBAGE*	1/2 CUP	10	0	3	17	2	0	1	✓	✓	✓	✓	✓
☐ CARROT*	1/2 CUP	41	3	6	27	2	0	1	✓	✓	✓	✓	⚠
☐ CASSAVA	1/2 CUP	46	11	20	160	2	0	2	✗	✗	⚠	⚠	✗
☐ CAULIFLOWER*	1/2 CUP	15	0	3	14	2	0	1	✓	✓	✓	✓	✓
☐ CELERIAC*	1/2 CUP	6	2	7	20	2	0	1	✓	✓	✓	✓	✓
☐ CELERY*	1/2 CUP	15	0	1	8	1	0	0	✓	✓	✓	✓	✓
☐ CHARD*	1/2 CUP	10	0	1	18	2	0	2	✓	✓	✓	⚠	✓
☐ CHAYOTE*	1/2 CUP	25	0	3	19	1	0	1	✓	✓	✓	✓	✓
☐ CHICKPEAS	1/2 CUP	28	6	22	135	6	2	7	✓	⚠	✓	✓	⚠
☐ CHICORY LEAVES*	1/2 CUP	15	0	1	9	1	0	1	✓	✓	✓	✓	✓
☐ CHILI*	1/2 CUP	0	0	1	24	1	0	1	✓	✓	✓	⚠	✓
☐ COLLARD GREENS*	1/2 CUP	10	0	1	31	4	0	3	✓	⚠	✓	✓	✓
☐ CORN	1/2 CUP	52	8	15	77	2	1	3	⚠	⚠	✓	⚠	✗
☐ CORNICHONS*	1/2 CUP	20	0	1	8	1	0	0	⚠	⚠	✓	✓	✓
☐ CUCUMBER*	1/2 CUP	15	0	2	8	0	0	0	✓	✓	✓	✓	✓
☐ DAIKON*	1/2 CUP	15	0	2	10	1	0	0	✓	✓	✓	✓	✓
☐ DANDELION GREENS*	1/2 CUP	15	0	2	18	2	0	2	✓	✗	✓	✓	✓
☐ EDAMAME*	1/2 CUP	18	1	7	95	4	4	8	✓	✓	✓	✓	✓
☐ EGGPLANT*	1/2 CUP	15	0	3	20	2	0	0	✓	✓	✓	✓	✓
☐ ENDIVE LEAVES*	1/2 CUP	15	0	1	8	1	0	1	✓	✓	✓	✓	✓
☐ ESCAROLE*	1/2 CUP	15	0	1	22	2	0	2	✓	✓	✓	✓	✓
☐ GARLIC*	1/2 CUP	0	2	6	90	1	0	4	✓	⚠	✓	✓	✓

VEGETABLES & LEGUMES	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES	NERVES	WEIGHT
GREEN BEANS*	1/2 CUP	15	1	4	20	2	0	1	✅	✅	✅	✅	✅
ICEBERG LETTUCE*	1/2 CUP	10	0	2	4	0	0	0	⚠️	✅	⚠️	⚠️	✅
JICAMA*	1/2 CUP	15	1	6	25	3	0	0	✅	✅	✅	✅	✅
KALE*	1/2 CUP	15	0	3	18	2	0	1	✅	⚠️	✅	✅	✅
KIDNEY BEANS	1/2 CUP	24	6	20	112	6	0	8	✅	⚠️	✅	✅	⚠️
LEEK*	1/2 CUP	10	4	12	16	1	0	0	✅	✅	✅	✅	✅
LENTILS	1/2 CUP	32	4	20	115	8	0	9	✅	⚠️	✅	✅	⚠️
LETTUCE*	1/2 CUP	10	0	2	5	0	0	0	✅	✅	✅	✅	✅
LIMA BEANS	1/2 CUP	32	6	20	108	6	0	6	✅	⚠️	✅	✅	⚠️
MUNG BEANS	1/2 CUP	25	5	19	105	7	0	7	✅	⚠️	✅	✅	⚠️
MUSHROOM*	1/2 CUP	10	0	2	10	1	0	1	✅	✅	✅	✅	✅
MUSHROOM (CANNED)*	1/2 CUP	10	0	1	8	1	0	1	⚠️	⚠️	✅	✅	✅
MUSHROOM (OYSTER)*	1/2 CUP	10	0	2	20	2	0	2	✅	✅	✅	✅	✅
MUSTARD GREENS*	1/2 CUP	15	0	1	15	2	0	1	✅	⚠️	✅	✅	✅
NAVY BEANS	1/2 CUP	38	5	16	127	10	0	8	✅	⚠️	✅	✅	⚠️
OKRA*	1/2 CUP	20	1	4	18	2	0	1	✅	✅	✅	✅	✅
ONION*	1/2 CUP	10	2	6	32	1	0	1	✅	✅	✅	✅	✅
ONIONS (PICKLED)*	1/2 CUP	10	0	3	30	1	0	0	⚠️	⚠️	✅	✅	✅
PARSNIP*	1/2 CUP	52	6	12	55	3	0	1	⚠️	✅	⚠️	⚠️	⚠️
PATTYPAN SQUASH*	1/2 CUP	20	1	4	15	1	0	0	✅	✅	✅	✅	✅
PINTO BEANS	1/2 CUP	45	6	15	122	8	0	7	✅	⚠️	✅	✅	⚠️
POTATO*	1/2 CUP	78	12	15	68	1	0	2	❌	⚠️	❌	❌	❌
PUMPKIN*	1/2 CUP	75	8	10	25	2	0	1	⚠️	✅	✅	⚠️	⚠️
RADISH*	1/2 CUP	15	0	2	9	1	0	0	✅	✅	✅	✅	✅
RHUBARB*	1/2 CUP	15	0	1	15	2	0	0	✅	⚠️	✅	✅	✅
SCALLIONS (BULB)*	1/2 CUP	10	0	2	16	1	0	1	✅	✅	✅	✅	✅
SHALLOTS*	1/2 CUP	10	0	3	30	1	0	1	✅	✅	✅	✅	✅
SNAP BEANS*	1/2 CUP	15	1	4	20	2	0	1	✅	✅	✅	✅	✅
SNOW PEAS*	1/2 CUP	22	1	4	35	2	0	2	✅	⚠️	✅	✅	⚠️
SOYA BEANS	1/2 CUP	16	1	7	150	6	7	14	✅	⚠️	✅	✅	⚠️
SPAGHETTI SQUASH*	1/2 CUP	23	1	3	20	1	0	0	✅	✅	✅	✅	✅
SPINACH*	1/2 CUP	15	0	1	21	2	0	3	✅	⚠️	✅	✅	✅
SPLIT PEAS	1/2 CUP	25	5	16	115	8	0	8	✅	⚠️	✅	✅	⚠️
SQUASH*	1/2 CUP	75	1	5	18	1	0	1	✅	✅	✅	✅	✅
STALK RAW*	1/2 CUP	15	0	2	8	1	0	0	✅	✅	✅	✅	✅
SUGAR SNAP PEAS*	1/2 CUP	15	1	4	35	2	0	2	✅	⚠️	✅	✅	⚠️
SWEET CORN*	1/2 CUP	55	8	15	77	2	1	3	⚠️	⚠️	✅	⚠️	❌
SWEET POTATO*	1/2 CUP	70	13	20	90	3	0	2	⚠️	✅	⚠️	⚠️	⚠️
SWISS CHARD*	1/2 CUP	1	0	1	18	2	0	2	✅	⚠️	✅	✅	✅
TARO*	1/2 CUP	53	13	23	110	3	0	1	❌	⚠️	⚠️	❌	❌
TOMATO*	1/2 CUP	15	1	4	15	1	0	1	✅	✅	✅	✅	✅
TOMATO (SUN-DRIED)*	1/2 CUP	50	4	12	139	7	1	7	⚠️	⚠️	✅	✅	⚠️
TURNIP*	1/2 CUP	62	1	4	17	1	0	1	⚠️	✅	✅	⚠️	⚠️
WATER CHESTNUTS*	1/2 CUP	54	1	7	35	1	0	1	⚠️	✅	✅	⚠️	⚠️
WATERCRESS*	1/2 CUP	15	0	0.5	4	0	0	0	✅	✅	✅	✅	✅
YAM*	1/2 CUP	54	11	20	80	3	0	1	⚠️	⚠️	✅	⚠️	⚠️
ZUCCHINI (COURGETTE)*	1/2 CUP	15	0	3	18	1	0	1	✅	✅	✅	✅	✅

FRUITS	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES 👁	NERVES	WEIGHT
APPLE	1 MEDIUM	36	8	22	95	4	0	0	✓	✓	✓	✓	✓
APRICOT	4 APRICOTS	34	5	16	70	3	0	1	✓	⚠	✓	✓	✓
AVOCADO	1/2 MEDIUM	1	0	2	120	5	11	1	✓	⚠	✓	✓	⚠
BANANA	1 MEDIUM	30	23	46	105	3	0	1	⚠	⚠	✓	⚠	⚠
BLACKBERRY	1 CUP	25	4	14	65	8	1	2	✓	✓	✓	✓	✓
BLUEBERRY	1 CUP	53	12	22	85	4	0	1	✓	✓	✓	✓	✓
BOYSENBERRY	1 CUP	25	4	18	65	7	0	1	✓	✓	✓	✓	✓
CANTALOUPE MELON	1 CUP	65	9	14	60	1	0	1	⚠	⚠	✓	⚠	⚠
CARAMBOLA	1 MEDIUM	31	1	8	30	3	0	1	✓	✗	✓	✓	✓
CHERRIES	1 CUP	22	15	24	85	3	0	1	⚠	⚠	✓	⚠	⚠
CLEMENTINE	2 CLEMENTINES	35	8	18	70	3	0	1	✓	⚠	✓	✓	✓
COCONUT	1 CUP	45	5	12	280	7	26	3	⚠	⚠	⚠	⚠	✗
CRANBERRIES	1 CUP	52	5	12	45	4	0	0	✓	✓	✓	✓	✓
CURRANTS	1 CUP	30	7	16	60	4	0	1	✓	⚠	✓	✓	⚠
CUSTARD APPLE	1 FRUIT	54	15	30	235	6	1	5	⚠	⚠	⚠	⚠	✗
DURIAN	1 CUP	49	18	36	350	9	13	4	⚠	⚠	⚠	⚠	✗
FEIJOA	4 FRUITS	40	8	16	55	6	0	1	✓	✓	✓	✓	✓
FIGS (FRESH)	1 CUP	61	6	18	150	6	0	1	⚠	⚠	✓	⚠	⚠
GORAKA	1 FRUIT	-	4	10	60	2	0	1	✓	✓	✓	✓	✓
GRAPEFRUIT	1/2 LARGE	25	3	10	52	2	0	1	✓	⚠	✓	✓	✓
GRAPES	1 CUP	59	17	28	100	1	0	1	⚠	⚠	✓	⚠	⚠
GUAVA (RIPE)	1 CUP	68	6	20	110	9	1	4	✓	✓	✓	✓	✓
GUAVA (UNRIPE)	1 CUP	20	3	18	95	8	1	3	⚠	⚠	⚠	⚠	⚠
HONEYDEW MELON	1 CUP	65	12	18	60	1	0	1	⚠	⚠	⚠	⚠	⚠
JACKFRUIT	1 CUP	75	18	36	155	3	1	3	⚠	⚠	⚠	⚠	✗
KIWI FRUIT	2 MEDIUM	52	11	22	90	5	1	2	✓	✓	✓	✓	✓
KUMQUATS	5 FRUITS	37	14	40	70	6	1	1	✓	✓	✓	✓	✓
LEMONS	1 MEDIUM	5	2	8	20	2	0	0	✓	✓	✓	✓	✓
LIMES	1 MEDIUM	5	1	6	20	2	0	0	✓	✓	✓	✓	✓
LONGAN	1 CUP	55	8	18	125	1	0	1	⚠	⚠	⚠	⚠	⚠
LYCHEE	1 CUP	58	10	20	125	2	0	1	⚠	⚠	⚠	⚠	⚠
MANDARIN ORANGE	1 MEDIUM	45	8	18	50	2	0	1	✓	⚠	✓	✓	✓
MANGO	1 CUP	55	13	26	100	3	0	1	⚠	⚠	✓	⚠	⚠
MANGOSTEEN	1 CUP	53	6	14	70	2	0	1	✓	✓	✓	✓	✓
NECTARINE	1 MEDIUM	40	7	16	60	2	0	1	⚠	⚠	✓	⚠	⚠
OLIVES	10 OLIVES	1	0	2	40	1	4	0	✓	⚠	✓	✓	✓
ORANGE (NAVEL)	1 MEDIUM	45	9	22	70	3	0	1	✓	⚠	✓	✓	✓
PAPAYA	1 CUP	60	13	22	60	3	0	1	✓	✓	✓	✓	✓
PEACH	1 MEDIUM	50	8	18	60	2	0	1	✓	⚠	✓	✓	✓
PEAR	1 MEDIUM	66	9	24	100	6	0	1	✓	✓	✓	✓	✓
PERSIMMON	1 MEDIUM	70	16	32	120	6	0	1	⚠	⚠	⚠	⚠	⚠
PINEAPPLE	1 CUP	59	13	22	80	2	0	1	⚠	⚠	⚠	⚠	⚠
PLUM	2 MEDIUM	39	13	36	70	2	0	1	✓	✓	✓	✓	✓
POMEGRANATE	1 CUP ARILS	53	13	24	145	7	2	3	✓	⚠	✓	✓	✓
RASPBERRY	1 CUP	32	4	14	65	8	1	1	✓	✓	✓	✓	✓
STRAWBERRY	1 CUP	40	5	12	KCAL	3	0	1	✓	✓	✓	❄	✓
TAMARIND	1/4 CUP	52	3	9	70	1	0	1	⚠	⚠	⚠	⚠	⚠
TANGERINES	1 MEDIUM	42	8	18	50	2	0	1	✓	⚠	✓	✓	✓
WATERMELON	1 CUP	72	9	12	46	1	0	1	⚠	⚠	✓	⚠	⚠

HEALTHY FATS

HEALTHY FATS	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART	KIDNEY	EYES	NERVES	WEIGHT
ALMOND BUTTER	2 TABLESPOONS	35	2	6	190	3	18	7	✓	!	✓	✓	!
ALMONDS	1/2 CUP	10	2	15	410	9	35	15	✓	!	✓	✓	!
AVOCADO OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
BLACK SESAME SEEDS	1/2 CUP	35	2	7	410	10	35	13	✓	!	✓	✓	!
BRAZIL NUTS	1/2 CUP	27	2	8	430	5	45	9	!	!	✓	✓	!
CANOLA OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
CASHEW BUTTER	2 TABLESPOONS	25	2	7	190	1	16	6	!	!	✓	✓	!
CASHEWS	1/2 CUP	27	4	16	390	2	31	12	!	!	✓	✓	!
CHIA SEED OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	✓
CHIA SEEDS	1/2 CUP	30	3	10	285	20	18	10	✓	✓	✓	✓	✓
COCONUT	1/2 CUP	45	3	7	200	5	19	2	!	!	!	!	✗
COCONUT CREAM	1/2 CUP	50	4	8	200	2	20	2	✗	!	!	!	✗
EDAMAME	1/2 CUP	15	1	7	95	4	4	8	✓	!	✓	✓	✓
FLAXSEED OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	✓
FLAXSEEDS	1/2 CUP	35	3	8	260	15	20	9	✓	✓	✓	✓	✓
GHEE-CLARIFIED BUTTER	1 TABLESPOON	0	0	0	120	0	13	0	!	!	!	!	✗
GROUND FLAXSEED	2 TABLESPOONS	35	3	8	75	3	6	3	✓	✓	✓	✓	✓
HAZELNUT OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
HAZELNUTS	1/2 CUP	15	2	15	425	9	41	10	✓	!	✓	✓	!
HEMP SEEDS	1/2 CUP	30	3	9	280	4	24	16	✓	!	✓	✓	!
MACADAMIA NUTS	1/2 CUP	10	1	8	470	6	51	5	✓	!	✓	✓	!
OLIVE OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
OLIVES	15 OLIVES	15	0	2	40	1	4	0	✓	!	✓	✓	!
PEANUT BUTTER	2 TABLESPOONS	14	1	7	190	2	16	8	!	!	✓	✓	!
PECANS	1/2 CUP	10	2	15	380	5	39	5	✓	!	✓	✓	!
PINE NUTS	1/2 CUP	15	2	16	450	3	46	9	✓	!	✓	✓	!
PISTACHIO NUTS	1/2 CUP	28	4	15	350	6	28	13	✓	!	✓	✓	!
POPPY SEEDS	1/2 CUP	35	3	8	360	17	30	12	✓	!	✓	✓	!
PUMPKIN SEED OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	!	✓	✓	!
PUMPKIN SEEDS	1/2 CUP	25	2	8	370	5	31	19	✓	!	✓	✓	!
SAFFLOWER OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
SAFFRON	1 TABLESPOON	0	0	0	20	1	0	1	✓	✓	✓	✓	✓
SESAME OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
SESAME SEEDS	1/2 CUP	35	3	8	410	8	35	13	✓	!	✓	✓	!
SOYBEANS	1/2 CUP	16	1	8	150	7	7	14	✓	!	✓	✓	✓
SUNFLOWER OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
SUNFLOWER SEEDS	1/2 CUP	20	1	7	390	6	35	13	✓	!	✓	✓	!
TEMPEH	1/2 CUP	5	0	9	160	5	7	15	✓	!	✓	✓	✓
TOFU	1/2 CUP	15	1	7	120	1	7	12	✓	!	✓	✓	✓
WALNUT BUTTER	2 TABLESPOONS	15	1	6	180	2	17	4	✓	!	✓	✓	!
WALNUT OIL	1 TABLESPOON	0	0	0	120	0	14	0	✓	✓	✓	✓	!
WALNUTS	1/2 CUP	15	2	15	380	7	38	9	✓	!	✓	✓	!

This chart is based on data and dietary guidance from trusted sources, including the American Diabetes Association (ADA), U.S. Department of Agriculture (USDA), Centers for Disease Control and Prevention (CDC), National Kidney Foundation (NKF), American Heart Association (AHA), National Eye Institute (NEI), and Harvard T.H. Chan School of Public Health. Foods are also classified by their Glycemic Index (GI):

- Low GI (≤55) — best choices for steady blood sugar
- Medium GI (56–69) — consume in moderation
- High GI (≥70) — limit or avoid to prevent glucose spikes.

About This Chart

DAIRY

DAIRY	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES 👁	NERVES ❄	WEIGHT
ALMOND MILK	1 CUP	35	2	6	190	3	18	7	✅	✅	✅	✅	✅
BLUE CHEESE	1 OUNCE	10	2	15	410	9	35	15	❌	⚠️	⚠️	⚠️	❌
BUTTER	1 TABLESPOON	0	0	0	120	0	14	0	❌	⚠️	⚠️	⚠️	❌
BUTTERMILK (LOW-FAT)	1 CUP	35	2	7	410	10	35	13	⚠️	⚠️	✅	✅	⚠️
CHEDDAR CHEESE	1 OUNCE	27	2	8	430	5	45	9	❌	⚠️	⚠️	⚠️	❌
COCONUT MILK	1 CUP	0	0	0	120	0	14	0	⚠️	⚠️	⚠️	⚠️	❌
CONDENSED MILK (SKIM)	1/2 CUP	25	2	7	190	1	16	6	❌	❌	❌	❌	❌
COTTAGE CHEESE	1/2 CUP	27	4	16	390	2	31	12	⚠️	⚠️	✅	✅	⚠️
CREAM CHEESE (LOW-FAT)	2 TABLESPOONS	0	0	0	120	0	14	0	⚠️	⚠️	⚠️	⚠️	❌
DAIRY-FREE YOGURT	1 CUP	30	3	10	285	20	18	10	✅	✅	✅	✅	✅
EVAPORATED MILK (SKIM)	1 CUP	45	3	7	200	5	19	2	⚠️	⚠️	⚠️	⚠️	⚠️
FETA CHEESE (REDUCED-FAT)	1 OUNCE	50	4	8	200	2	20	2	⚠️	⚠️	✅	⚠️	⚠️
GOUDA CHEESE (REDUCED-FAT)	1 OUNCE	15	1	7	95	4	4	8	⚠️	✅	✅	✅	⚠️
GREEK YOGURT	1 CUP	0	0	0	120	0	14	0	✅	✅	✅	✅	✅
HAVARTI CHEESE (REDUCED-FAT)	1 OUNCE	35	3	8	260	15	20	9	⚠️	⚠️	✅	✅	⚠️
KEFIR (LOW-FAT)	1 CUP	0	0	0	120	0	13	0	✅	✅	✅	✅	✅
LOW-FAT BUTTERMILK	1 CUP	35	3	8	75	3	6	3	⚠️	⚠️	✅	✅	⚠️
LOW-FAT YOGURT	1 CUP	0	0	0	120	0	14	0	✅	✅	✅	✅	✅
MOZZARELLA CHEESE (PART-SKIM)	1 OUNCE	15	2	15	425	9	41	10	⚠️	⚠️	✅	✅	⚠️
PARMESAN CHEESE (GRATED)	1 TABLESPOON	30	3	9	280	4	24	16	⚠️	⚠️	✅	✅	⚠️
PROVOLONE CHEESE	1 OUNCE	10	1	8	470	6	51	5	⚠️	⚠️	✅	✅	⚠️
RICOTTA CHEESE (LOW-FAT)	1/2 CUP	0	0	0	120	0	14	0	⚠️	⚠️	✅	✅	⚠️
RICOTTA CHEESE (PART-SKIM)	1/2 CUP	15	0	2	40	1	4	0	⚠️	⚠️	✅	✅	⚠️
SKIM MILK	1 CUP	14	1	7	190	2	16	8	⚠️	⚠️	✅	✅	⚠️
SOUR CREAM (REDUCED-FAT)	2 TABLESPOONS	10	2	15	380	5	39	5	⚠️	⚠️	⚠️	⚠️	❌
SOY MILK (UNSWEETENED)	1 CUP	15	2	16	450	3	46	9	✅	✅	✅	✅	✅
STRING CHEESE (PART-SKIM)	1 OUNCE	28	4	15	350	6	28	13	⚠️	⚠️	✅	✅	⚠️
SWISS CHEESE (REDUCED-FAT)	1 OUNCE	35	3	8	360	17	30	12	⚠️	⚠️	✅	✅	⚠️

LEAN PROTEINS

LEAN PROTEINS	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES 👁	NERVES ❄	WEIGHT
BISON	1 SMALL STEAK	0	0	0	150	0	7	22	✅	⚠️	✅	✅	✅
CATFISH	1 SMALL FILLET	0	0	0	120	0	5	20	✅	⚠️	✅	✅	✅
CHICKEN BREAST (SKINLESS)	1 MEDIUM	0	0	0	180	0	4	36	✅	✅	✅	✅	✅
CHICKEN THIGHS (SKINLESS)	1 MEDIUM	0	0	0	150	0	7	22	⚠️	✅	✅	✅	⚠️
CHICKPEAS	1/2 CUP	28	6	22	135	6	2	7	✅	⚠️	✅	✅	⚠️
COD	1 SMALL FILLET	0	0	0	90	0	1	20	✅	✅	✅	✅	✅
COTTAGE CHEESE	1/2 CUP	10	1	5	90	0	3	11	⚠️	⚠️	✅	✅	⚠️
EDAMAME	1/2 CUP	15	1	7	95	4	4	8	✅	⚠️	✅	✅	✅
EGGS	2 LARGE EGGS	0	0	1	140	0	10	12	✅	⚠️	✅	✅	⚠️
FISH (SALMON)	1 SMALL FILLET	0	0	0	175	0	10	19	✅	✅	✅	✅	✅
FLANK STEAK	1 SMALL STEAK	0	0	0	160	0	8	22	⚠️	✅	✅	✅	⚠️
FLOUNDER	1 SMALL FILLET	0	0	0	90	0	1	19	✅	✅	✅	✅	✅
GREEK YOGURT	1/2 CUP	11	0	4	50	0	0	9	✅	⚠️	✅	✅	✅
HADDOCK	1 SMALL FILLET	0	0	0	90	0	1	20	✅	✅	✅	✅	✅
HALIBUT	1 SMALL FILLET	0	0	0	95	0	2	20	✅	⚠️	✅	✅	✅
LEAN BEEF	1 SMALL STEAK	0	0	0	160	0	7	23	⚠️	⚠️	⚠️	⚠️	⚠️

LEAN PROTEINS	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES 👁	NERVES ❄	WEIGHT
☐ LEAN GROUND TURKEY	1/2 CUP	0	0	0	150	0	7	23	✅	✅	✅	✅	✅
☐ LENTILS	1/2 CUP	21	6	20	115	8	0	9	✅	⚠️	✅	✅	⚠️
☐ MACKEREL	1 SMALL FILLET	0	0	0	230	0	16	20	✅	⚠️	✅	✅	✅
☐ SHRIMP	12-16 MEDIUM	0	0	0	100	0	2	20	⚠️	⚠️	✅	✅	⚠️
☐ SIRLOIN STEAK	1 SMALL STEAK	0	0	0	180	0	9	23	⚠️	⚠️	✅	✅	✅
☐ SNAPPER	1 SMALL FILLET	0	0	0	110	0	2	22	✅	✅	✅	✅	✅
☐ SOLE	1 SMALL FILLET	0	0	0	80	0	1	18	✅	✅	✅	✅	✅
☐ SWORDFISH	1 SMALL FILLET	0	0	0	170	0	8	23	⚠️	⚠️	✅	✅	⚠️
☐ TEMPEH	1/2 CUP SLICED	5	0	9	160	5	7	15	✅	⚠️	✅	✅	✅
☐ TOFU	2/3 CUP CUBED	15	1	5	120	1	7	12	✅	⚠️	✅	✅	✅
☐ TURKEY (SKINLESS)	1 MEDIUM BREAST	0	0	0	240	0	3	52	✅	✅	✅	✅	✅
☐ VENISON	1 SMALL STEAK	0	0	0	135	0	3	26	✅	⚠️	✅	✅	✅

WHOLE GRAINS	SERVING SIZE	GI	GL	CARBS (G)	CALORIES (KCAL)	DIETARY FIBERS (G)	FATS (G)	PROTEINS (G)	HEART ♥	KIDNEY	EYES 👁	NERVES ❄	WEIGHT
☐ AMARANTH	1/2 CUP	97	25	23	125	3	2	5	✅	⚠️	✅	✅	⚠️
☐ BARLEY	1/2 CUP	28	6	22	100	3	0	2	✅	⚠️	✅	✅	⚠️
☐ BROWN RICE	1/2 CUP	50	11	22	110	2	1	2	⚠️	⚠️	✅	✅	⚠️
☐ BROWN RICE PASTA	1/2 CUP	48	10	20	95	2	0	2	⚠️	⚠️	✅	✅	⚠️
☐ BUCKWHEAT	1/2 CUP	49	11	22	75	2	0	3	✅	✅	✅	✅	✅
☐ BULGUR	1/2 CUP	46	8	17	75	4	0	3	✅	⚠️	✅	✅	⚠️
☐ EINKORN	1/2 CUP	45	10	22	120	3	1	5	✅	⚠️	✅	✅	⚠️
☐ EMMER (FARRO)	1/2 CUP	45	9	20	100	3	0	4	✅	⚠️	✅	✅	⚠️
☐ FARRO	1/2 CUP	45	9	20	100	3	0	4	✅	⚠️	✅	✅	⚠️
☐ HULLED BARLEY	1/2 CUP	28	6	22	110	3	0	2	✅	⚠️	✅	✅	⚠️
☐ KAMUT	1/2 CUP	45	10	23	120	3	1	5	✅	⚠️	✅	✅	⚠️
☐ MILLET	1/2 CUP	71	12	22	105	2	1	3	⚠️	⚠️	✅	✅	⚠️
☐ OATS	1/2 CUP	55	15	27	75	2	1	3	✅	⚠️	✅	✅	✅
☐ PEARL BARLEY	1/2 CUP	28	6	22	100	3	0	2	✅	⚠️	✅	✅	⚠️
☐ QUINOA	1/2 CUP	53	11	20	110	3	2	4	✅	✅	✅	✅	✅
☐ SPELT	1/2 CUP	54	12	22	120	3	1	5	✅	⚠️	✅	✅	⚠️
☐ TEFF	1/2 CUP	57	13	22	125	4	1	5	✅	⚠️	✅	✅	⚠️
☐ WHOLE GRAIN PASTA	1/2 CUP	42	8	20	95	3	0	4	⚠️	⚠️	✅	✅	⚠️
☐ WHOLE RYE	1/2 CUP	34	8	23	105	4	1	3	✅	⚠️	✅	✅	✅
☐ WHOLE WHEAT	1/2 CUP	41	9	22	150	6	1	6	⚠️	⚠️	✅	✅	⚠️
☐ WILD RICE	1/2 CUP	45	8	17	80	1	0	3	✅	✅	✅	✅	✅

How To Use This Chart

This chart is based on CDC guidelines and the Diabetes Plate Method to help you manage Type 2 diabetes effectively.

- Eat more non-starchy vegetables (marked with an asterisk *).
- Choose foods with a low glycemic index (green circle) and limit medium GI foods. Avoid those marked with a black circle, as they raise blood sugar quickly.
- Use the carbs, calories, and fiber data to plan balanced meals and support weight management.
- The last five columns show whether each food benefits your heart, eyes, kidneys, nerves, and weight control—helping you pick the right foods if you have related conditions.
- Use the blank squares to check items for groceries or meal planning with a regular whiteboard marker.

Green: Low Glycemic Index Food
Yellow: Medium Glycemic Index Food
Black: High Glycemic Index Food
(*)Asterisk: Non-Starchy Food

GL: Glycemic Load
GI: Glycemic Index
✅ **Safe to eat**
⚠️ **Limit**   ❌ **Avoid**

SHOW YOUR CARE FOR HIM/HER 💚

Scan this QR code and a lovely prewritten WhatsApp message with a link to this chart will appear—just select the contact you want and tap send. Here's the full message:

"Hey 💚 I found this chart and thought of you. It's got simple info that makes eating and managing blood sugar so much easier. You mean a lot to me — stay healthy, okay? 💙 "