

Diabetes-Friendly Grocery List

Extended edition — low-GI, non-starchy & lean-protein picks from the Fodlist Diabetes Food List.

VEGETABLES

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Bell pepper
- ☐ Bok choy
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Chayote
- ☐ Chicory leaves
- ☐ Collard greens
- ☐ Cucumber
- ☐ Dandelion greens
- ☐ Eggplant
- ☐ Escarole
- ☐ Garlic
- ☐ Green beans
- ☐ Kale
- ☐ Leek
- ☐ Mushroom
- ☐ Okra
- ☐ Onion
- ☐ Radish
- ☐ Snow peas
- ☐ Spinach
- ☐ Swiss chard
- ☐ Tomato
- ☐ Turnip
- ☐ Watercress
- ☐ Zucchini

FRUITS

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Blackberries
- ☐ Blueberries
- ☐ Boysenberry
- ☐ Cherries
- ☐ Clementine
- ☐ Cranberries
- ☐ Currants
- ☐ Grapefruit
- ☐ Kiwi fruit
- ☐ Kumquats
- ☐ Lemon
- ☐ Lime
- ☐ Nectarine
- ☐ Orange
- ☐ Peach
- ☐ Pear
- ☐ Plum
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerine

LEAN MEAT & POULTRY (LP)

- ☐ Buffalo
- ☐ Chicken breast (skinless)
- ☐ Ground chicken
- ☐ Ground turkey
- ☐ Rabbit
- ☐ Turkey breast (skinless)
- ☐ Turkey bacon
- ☐ Turkey deli slices
- ☐ Veal
- ☐ Soy protein (TVP)

SEAFOOD (LP)

- ☐ Anchovies
- ☐ Bass
- ☐ Catfish
- ☐ Clams
- ☐ Cod
- ☐ Crab
- ☐ Flounder
- ☐ Grouper
- ☐ Haddock
- ☐ Hake
- ☐ Halibut
- ☐ Lobster
- ☐ Mackerel
- ☐ Mahi-mahi
- ☐ Oysters
- ☐ Perch
- ☐ Pollock
- ☐ Prawns / Shrimp
- ☐ Salmon
- ☐ Sardines
- ☐ Scallops
- ☐ Smoked salmon
- ☐ Snapper
- ☐ Swordfish
- ☐ Tilapia
- ☐ Trout
- ☐ Tuna

Grocery List (cont'd)

Pantry, dairy, grains, fats & beverages — keep favoring foods marked Low GI.

LEGUMES & BEANS

- ☐ Black beans
- ☐ Butter beans
- ☐ Borlotti beans
- ☐ Chickpeas
- ☐ Edamame
- ☐ Kidney beans
- ☐ Lentils
- ☐ Mung beans
- ☐ Split peas

DAIRY & ALTERNATIVES

- ☐ Eggs (LP)
- ☐ Cottage cheese
- ☐ Quark
- ☐ Ricotta
- ☐ Feta cheese
- ☐ Swiss cheese
- ☐ Goat's milk yogurt
- ☐ Unsweetened almond milk
- ☐ Hemp milk
- ☐ Coconut water (fresh)

GRAINS (MODERATION)

- ☐ Pearl barley
- ☐ Barley flakes
- ☐ Buckwheat kernels
- ☐ Buckwheat flakes
- ☐ Chickpea pasta
- ☐ Vermicelli noodles
- ☐ Wheat pasta
- ☐ Rye grains

NUTS, SEEDS & FATS

- ☐ Almonds
- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Hazelnuts
- ☐ Macadamia nuts
- ☐ Peanuts
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Walnuts
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Olive oil

HERBS, SPICES & CONDIMENTS

- ☐ Basil
- ☐ Black pepper
- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic (fresh)
- ☐ Ginger
- ☐ Mustard
- ☐ Oregano
- ☐ Paprika
- ☐ Rosemary
- ☐ Thyme
- ☐ Turmeric
- ☐ Apple cider vinegar
- ☐ Balsamic vinegar

BEVERAGES & SWEETENER

- ☐ Water
- ☐ Sparkling water
- ☐ Black coffee
- ☐ Unsweetened green tea
- ☐ Herbal / chamomile tea
- ☐ Stevia powder

Tip: Cross-check any item's GI (Low / Medium / High) on your Fodlist Diabetes Food List before buying — favor foods marked * (non-starchy) and LP (lean protein).