

DIABETES

FOOD MINI CHEAT SHEET

If you have diabetes or pre-diabetes, healthier eating habits are a good place to start. Our mini cheat sheet gives you a variety of **low sugar, low calorie, low carbohydrate** and **low saturated fat** food choices. (These aren’t the only foods or snacks you should eat as part of a balanced diet—just a few quick options for your grocery list.) Are you looking for healthy food options? Our list is perfect for you too.



SALMON, TROUT, AND ALBACORE TUNA
Protect against inflammation and the abnormal growth of blood vessels in the eyes.
Omega-3s • Low Cholesterol • Low Unsaturated Fats



SWEET POTATOES
This low-glycemic side dish can still taste good by substituting brown sugar with cinnamon and nutmeg.
Low Carb • Fiber



CRUNCHY OR COOKED CARROTS
1 cup of raw carrots, or ½ cup cooked serving, has about 5 grams of carbohydrates.
Low Carb • Fiber



ASPARAGUS AND BRUSSEL SPROUTS
Control blood sugar spikes by boosting your body's insulin production.
Low Carb • Low Calorie • Fiber • Antioxidants • Potassium • Vitamin C



NUTS AND SEEDS
Help decrease your chances of diabetic retinopathy.
Omega-3s • Magnesium • Fiber • Protein



BLACK, GARBANZO, KIDNEY, AND PINTO BEANS
Just a ½ cup of beans can provide as much protein as an ounce of meat without the saturated fat.
Fiber • Protein • Magnesium



BROCCOLI, CABBAGE, CAULIFLOWER, AND SPINACH
Eating fewer calories can reduce fat in your pancreas and liver, and may help insulin function return to normal.
Low Calorie • Low Sugar • Low Carb



WHOLE GRAINS
Fiber provides a feeling of fullness, reducing the number of calories eaten to help you lose weight.
Omega-3s • Fiber • Folate • Magnesium • Chromium



TOMATOES
This common salad-topper averages only 32 calories per cup.
Low Carb • Low Calorie • Vitamin A • Vitamin C • Potassium

8 SNACKS

15 CARBS OR LESS



2-3 slices of turkey or chicken breast



1 small celery stalk



1 cup cucumber slices



1 tablespoon peanut butter



¼ cup Greek yogurt



¼ cup salsa



1 cup strawberry halves



½ cup blueberries

BONUS TIP
Try to eat foods in their whole or natural state, for example, an apple instead of apple juice – and include the peel for even more fiber.

FOODS TO LIMIT



FRIED FOODS
Fried foods are not good for anyone, especially for people with diabetes. The fat is absorbed into the food and leads to high cholesterol and weight gain.



CANNED FRUIT IN HEAVY SYRUP
Even though it's fruit, certain fruits have a higher sugar content. The heavy syrup is also very high in carbohydrates and sugar.



HOT DOGS AND LUNCHEAT
These quick-to-make favorites are high in saturated fat and sodium (even turkey dogs!) which can lead to high cholesterol and weight gain.



REGULAR POP AND SPORTS DRINKS
Pop, fruit punches, iced teas, flavored waters and sports drinks are often high in sugar and calories with little or no nutritional value.

DO YOU KNOW THE SIGNS OF DIABETES?

- ☐ Frequent urination

☐ Excessive thirst

☐ Extreme hunger

☐ Unexplained weight loss

☐ Increased fatigue
- ☐ Blurred vision

☐ Slow healing sores for frequent infections

☐ Tingling sensation in the hands and/or feet

☐ Red, swollen, sensitive gums