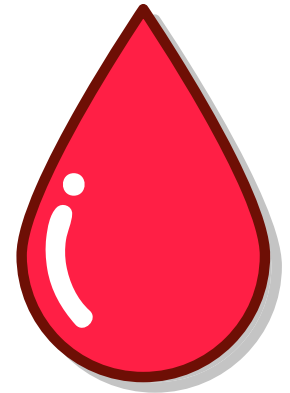


The Diabetic Diet

FOOD PANTRY TIP SHEET

A **diabetic diet** requires a food pattern that helps to control glucose (blood sugar) and manage other risk factors like body weight, high blood pressure, and high triglycerides (fats in the blood). For individuals with diabetes, it can be challenging to determine what to eat. **There is no one-size-fits-all eating pattern for individuals with diabetes.**

There is a variety of eating patterns to help manage diabetes. Generally, individuals with diabetes are encouraged to replace refined carbohydrates and added sugars with more healthy sources of carbohydrates that are high in fiber, such as whole grains, legumes, vegetables, and fruits. Eating a fiber-rich diet can help the body slow digestion and control glucose levels.



Foods to Promote

- » Fresh fruits
- » Fresh vegetables
- » Dried beans
- » Brown rice
- » Whole grains
- » Canned tuna, chicken, and beef
- » Unsalted peanut butter and other nut butters, no sugar added
- » Canned vegetables
- » Oatmeal
- » Plain yogurt
- » Vegetable oils
- » Popcorn
- » Milk and unsweetened milk substitutes
- » Low sugar/high fiber cereals (<6g sugar/>3g fiber per serving)

Foods to Distribute Sparingly

- » White rice
- » White bread
- » White pasta
- » Dried fruits
- » Canned fruits
- » Fruit juice for low blood sugar
- » Sweetened yogurt

Foods to Avoid

- » Candy
- » Fruit juice that is not made from 100% fruit
- » High sugar cereals (>6g sugar per serving)
- » Sweetened applesauce
- » Toaster pastries
- » Cookies
- » Graham crackers
- » Honey
- » Cane sugar