

# DIABETIC FRIENDLY GROCERY LIST



**ARBOR**  
FAMILY HEALTH

A DIVISION OF INNIS COMMUNITY HEALTH CENTERS, INC.

## PROTEIN

Beef  
Chicken  
Pork  
Eggs  
Cheese  
Bacon & Sausage (nitrate & preservative free)

Turkey  
Shellfish  
Wild Game  
Canned Tuna in water

## VEGETABLES

Asparagus  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Collard Greens  
Cucumbers

Eggplant  
Green Beans  
Green Peas  
Lettuce  
Mushrooms  
Mustard Greens  
Peppers  
Spinach

Squash  
Sweet Potatoes  
Tomatoes  
Turnip Greens  
Yellow Squash  
Zucchini

## FRUITS

Apples  
Avocado  
Berries  
Cherries  
Unsweetened Coconut  
Grapes  
Grapefruit  
Kiwi

Mango  
Melons  
Oranges  
Pears  
Peaches  
Pineapple  
Plums





## SNACKS

Beef Jerky

Cheese

Dark Chocolate

Guacamole

Hummus

Kind Pressed Bars

Nuts (natural or dry roasted)

Natural Nut Butter

Olives

Salsa

Greek Yogurt

## OILS & FATS

Avocado Oil

Coconut Oil

Olive Oil

Olive Oil Dressings

Olive Oil Mayonnaise

Butter (stick; not margarine)

## HELPFUL TIPS

Always look for low sodium products

Avoid catchy phrases like "non fat" "fat free"

Choose Fresh or Frozen Fruits & Vegetables

Have questions? Let us know!

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