

# Diabetes-Friendly Grocery Shopping List

## Proteins

- ☐ Chicken
- ☐ Lean beef
- ☐ Turkey breast
- ☐ Fatty fish
- ☐ Eggs
- ☐ Tofu

## Legumes

- ☐ Black beans
- ☐ Chickpeas
- ☐ Kidney beans
- ☐ Lentils
- ☐ Navy beans
- ☐ Pinto beans

## Veggies

### Non-Starchy Vegetables

- ☐ Asparagus
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Green beans
- ☐ Leafy greens
- ☐ Mushrooms
- ☐ Onions

### Starchy Vegetables

- ☐ Beets
- ☐ Carrots
- ☐ Peas
- ☐ Pumpkin
- ☐ Sweet potatoes

## Carbohydrates

- ☐ Barley
- ☐ Brown rice
- ☐ Quinoa
- ☐ Steel-cut oats
- ☐ Whole grain bread
- ☐ Whole grain cereal (watch for added sugars)
- ☐ Popcorn

## Fruits

- ☐ Apples
- ☐ Apricots
- ☐ Avocados
- ☐ Berries
- ☐ Cherries
- ☐ Citrus fruits
- ☐ Peaches
- ☐ Pears
- ☐ Tomatoes

## Dairy Products

- ☐ Low-fat cottage cheese
- ☐ Low-fat milk
- ☐ Low-sodium cheeses
- ☐ Yogurt

## Dressings, Oils and Spreads

- ☐ Almond butter
- ☐ Canola oil
- ☐ Extra virgin olive oil
- ☐ Guacamole
- ☐ Hummus
- ☐ Low sodium soy sauce
- ☐ Olive oil-based salad dressing
- ☐ Mustard
- ☐ Peanut butter

## Desserts

- ☐ Fruit juice based popsicles
- ☐ Sugar-free ice cream and gelatin
- ☐ Dark chocolate

## Beverages

- ☐ Sparkling water
- ☐ Iced or hot tea, unsweetened
- ☐ Coffee, unsweetened
- ☐ Vegetable juice, unsweetened

## Other Items

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