

Simple Diabetic Food List

Yes	No
Natural cheese, Natural butter, sugar free yogurt	Milk, non-fat or sugary yogurt, margarine
Raw nuts(almonds, walnuts, brazil nuts, pecans), almond butter Raw seeds(flex seeds, chia seeds, pumpkin seeds, black seeds, quinoa), little beans, little lentils, little brown rice	Fried foods, Fast foods, instant foods, GMO foods, Noodles, pasta
berries(strawberries, blueberries, raspberries, elderberrie...), tomatoes, coconuts, avocado, one small apple at a time	Sweet fruits
Green veggies, raw carrots, cucumber, zucchini, mushrooms, onion, garlic, ginger, pepper,	Beets, cooked carrots, corn, potatoes, white rice
Cold-pressed: Avocado oil, coconut oil, olive oil, blackseed oil	vegetable oil, palm oil, canola oil
Fishes, natural meats, shrimps, uncured bacon	Processed meat(ham, sausage, spam), dried meat
Green tea, keto ice cream, Dark chocolates	Soda, fruits juice, ice cream Processed meat, pasta, chips, bread & cake, Alcohol, dried fruit
Sea salt	Pink salt, table salt

