

Type 2 Diabetes Grocery List

Starchy Vegetables

Corn
Sweet potatoes
Pumpkin
squash (Acorn/Butternut/Delicata)
Breadfruit
Buy Herbs and spices

Non Starchy Vegetables

- Artichoke
- Asparagus
- Avocado
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Dark green leafy vegetables
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers/chili peppers
- Tomatoes

Fruits

| | | |
|-----------------|-------------|---------------|
| •Apple | Grapefruit | Passion fruit |
| •Apricots | •Grapes | •Pineapple |
| •Banana | •Guava | •Plantain |
| •Black currants | •Honeydew | •Plums |
| •Blackberries | •Jicama | •Pomegranate |
| •Blueberries | •Limes | •Pummelo |
| •Cantaloupe | Lemons | •Raspberries |
| •Cherries | •Lychee | •Strawberries |
| •Clementine | •Mamey | |
| •Cranberries | •Mango | |
| •Custard apple | •Melon | |
| •Dates | •Nectarines | |
| •Figs | •Oranges | |
| | •Papaya | |

Beans, Peas, and Lentils

| | |
|-----------------------|----------------------|
| •Adzuki | Small Red |
| •Baby lima | •Lentils |
| •Black bean | oGreen, Red, Small |
| •Blackeye | brown, French Green, |
| •Cranberry | Black |
| •Dark Red Kidney | •Dry Peas |
| •Garbanzo or chickpea | oSplit greens, split |
| •Great Northern | yellow, whole green, |
| •Large lima | whole yellow |
| •Light Red Kidney | |
| •Navy | |
| •Pink | |
| •Pinto | |

Tips

- Buy fresh, frozen, and canned fruits and vegetables. Buy what's in season. Buy canned fruits in its own juice. If you buy regular canned vegetables and beans, discard the liquid and rinse. You will reduce the sodium by 30-40%.
- Fruits and vegetables provide antioxidants, dietary fiber, vitamins and minerals.
- Dried beans, peas, and lentils are versatile and economical and are a combination of carbohydrate and protein. They are also very nutritious. They also slowly increase your blood glucose levels. If time is of the essence, canned beans are a great option.
- Whole grains whether in cereal, breads, or crackers are always preferred. Studies have shown that adding more whole grains to the diet can help you manage your diabetes and support your heart health. Aim to make half of your grains, whole grain.
- Don't forget your nuts and seeds. Check out the benefits of almonds and walnuts. However, they are not the only the nuts that contribute health benefits. Peanuts, pistachios, and others contribute too. Add them to cereal, yogurt and savory dishes.
- Don't forget your dairy: Check out the article for tips if you think you have lactose intolerance.
- Are you eating enough protein? When you buy beef or chicken, make sure you buy the leanest cuts.
- Oils? Focus on the healthiest fats; mono and poly unsaturated fats for health health.
- Check out my other articles about diabetes at www.lorenadrigo.com/blog

Type 2 Diabetes Grocery List

Dairy / Eggs/ Cheese

- Low-fat milk
- Plain yogurt
- Unsweetened soy milk
- Evaporated low-fat milk
- Kefir
- Choose cheese with 3 grams of fat or less per ounce
- Eggs

Meat/Chicken/Turkey

- Ground beef 90% or higher lean
- Beef roast (chuck, round, rump, sirloin)
- Beef steak (cubed, flank, porterhouse, t-bone)
- Beef tenderloin
- Lamb: chop, leg, or roast – trim all excess fat
- Chicken and Turkey: Remove skin and trim visible fat
- Pork, lean loin chop/roast, tenderloin
- Veal: cutlet without breading loin chop, roast

Fish

- Anchovies
- Black cod
- Bluefin tuna
- Cobia
- Herring
- Mackerel
- Salmon
- Sardines
- Striped bass
- Whitefish

Cereal - Breads

- | | |
|-----------------------------------|--------------|
| •Amaranth | •Rye |
| •Barley, hulled, whole, hull-less | •Sorghum |
| •Brown rice | •Spelt |
| •Buckwheat | •Teff |
| •Farro | •Triticale |
| •Freekeh | •Whole wheat |
| •Kamut | •Wild rice |
| •Kañiwa | |
| •Millet | |
| •Oats | |
| •Quinoa | |
- Select cold cereals whose first ingredients are whole grains and contain at least 3 grams of dietary fiber

Nuts and Seeds

- Almonds
- Walnuts
- Brazil nuts
- Cashews
- Macadamia
- Peanuts
- Pecans
- Pistachios
- Seeds: Pumpkin, chia, & flax

Fats and Oils

- Avocado oil
- Corn oil
- Flaxseed
- Grape seed oil
- Margarine spread
- Nut butters
- Olive oil
- Olives
- Safflower
- Sesame paste
- Soybean
- Sunflower
- Tahini paste