

# Food List for People with Diabetes

Good nutrition includes foods from all the food groups. Choose foods that are listed below or please not make substitutions unless the label indicates the food is equivalent.

<b>Carbohydrates:</b> a serving of carbohydrates is 15 grams and 3 grams of protein. Foods that have carbohydrates include bread, grains, cereal, pasta, dried beans and peas, and crackers.			
<b>Food</b>	<b>Brand</b>	<b>Food</b>	<b>Brand</b>
Puffed wheat	Any brand	Canned peas	Any brand *
Puffed rice	Any brand	Canned corn	Any brand *
Oatmeal	Any brand (plain)	Lima beans	Any brand *
Club crackers	Keebler	Rice	Plain (not mixes)
Crackers	Ritz	Dried beans	Plain (not mixes)
Saltines, unsalted	Any Brand	* If available vegetables with out added salt	
<b>Fruit</b> also contain 15 grams of carbohydrate, Buy fruits in own juice, or without added sugar or labeled as "lite".			
<b>Food</b>	<b>Brand</b>		
Lite chunky Mixed Fruit	Remarkable (Randall's), Great Value (Wal-Mart), Kroger, Del Monte		
Lite Fruit Cocktail	Remarkable (Randall's), Great Value (Wal-Mart), Kroger, Del Monte		
Mixed Fruit 100% Juice	Libby		
Lite peaches and pears	Remarkable (Randall's), Great Value (Wal-Mart), Kroger, Del Monte		
Pineapple	Dole in own juice, Great Value		
Apricots	Remarkable in own juice		
Mandarin oranges	Giesha		
Apple sauce	Remarkable unsweetened, Mott's natural		
<b>Milk</b> contains 12 grams of carbohydrate, 5 to 8 grams of fat and 8 grams of protein			
<b>Food</b>	<b>Brand</b>		
Non-fat dry milk	Any brand		
<b>Vegetables</b> contain 5 grams of carbohydrate and 2 grams of protein			
<b>Food</b>	<b>Brand</b>		
Green beans, carrots, beets, yellow squash, okra, tomatoes	Any brand, if possible buy the "no salt added"		
<b>Meat</b> contains 7 grams of protein and 3 to 8 grams of fat			
<b>Food</b>	<b>Brand</b>		
Spaghetti sauce	Ragu Rich and Meaty		
Ham in water	Hormel, Great Value		
Grilled Chicken Breast	Sweet Sue		
Chunk Chicken in water	Valley Fresh, Swanson, Hormel		
Tuna in water	Any brand		
Turkey in water	Hormel, Great Value		
Turkey Spam (only)	Hormel		
Peanut Butter	Any brand that is no added sugar		
<b>Other food items</b>			
Splenda, Mrs. Dash seasonings, herbs and spices (check combination seasonings low/no sodium			