



# Dietary Guidelines for Diabetes

This guide was developed with the assistance of Jefferson master's students of nutrition

## Diabetes

It is important to look for foods that are low or zero sugar, high in fiber and low in carbs and calories.

**Produce** Non-starchy vegetables are preferable

- Green leafy vegetables such as spinach, collard greens and kale: Good source of B vitamins and fiber
- Radishes: Low in carbs and great source of fiber and antioxidants
- Cabbage: Low in carbs and a great source of vitamin C
- Berries
- Apples
- Grapes

## Pantry Staples

- Field Day extra virgin organic olive oil
- Canned fish: A great protein option that contains omega-3 fatty acids
  - Field Day salted skipjack tuna and no salt skipjack tuna
  - Cento Sardines

## Breakfast

- Turkey bacon/sausage, such as Dietz & Watson turkey bacon: A good source of protein that's lower in saturated fat than pork bacon
- Low fat milk/creamer: Lower in saturated fat and low in carbohydrates
  - Unsweetened Almond Breeze almond milk
  - Oatly original oatmilk — 0g saturated fat
- Oatmeal and Cereals: A good source of fiber
  - Nature's Path Organic steel cut naturally cut whole grain oats
  - **Bulk** - Organic rolled oats (PLU #60244)
  - **Bulk** - Quick oats (PLU #63006)
  - **Bulk** - Steel cut oats (PLU #63009)
  - Nature's Path cornflakes
  - Field Day organic wheat squares
- Low fat yogurt: A good source of calcium with lower carbs and sugars
  - Fage Total 0% or 2% Greek yogurt
- Eggs: Rich in protein; can help lower blood sugar levels; low in carbohydrates.
  - Nature's Yoke Legacy eggs

## Lunch/Dinner

- Whole grains
  - Dave's Killer Bread 21 - whole grain bread
  - Omega-3 fatty acids from the different grains and seeds
  - Arnold Whole Grain healthy multigrain bread
  - Metropolitan Bakery multigrain sourdough boule
- Beans: Excellent source of fiber and protein while also being low in fat (kidney beans are especially low in fat)
  - Bulk Black beans (PLU #6517)
  - Bulk Kidney beans (PLU #6529)
  - Bulk Pinto beans (PLU #6580)
  - Field Day Pinto, kidney and black beans
- Fish: A good source of fiber and lower in carbs
  - Salmon: Ippolito's Salmon Burger
  - Cod
  - Tuna

## Snacks/Sweet Treats

- Dark Chocolate: Contains high antioxidants; low in sugar compared to milk chocolate
  - Equal Exchange organic 92% total eclipse
  - **Bulk** - Grandy Oats organic chocolate almond trail mix (PLU #60836)
- Nuts: A source of protein that contains good fats; nutrient dense.
  - **Bulk** - Pumpkin seeds roasted and salted (PLU # 63029)
  - **Bulk** - Raw pumpkin seeds (PLU #63027)
  - **Bulk** - Dark chocolate almonds (PLU # 6201)
  - **Bulk** - Honey roasted peanut butter (PLU # 60571)
  - **Bulk** - Mixed nuts (Roasted and Unsalted) (PLU # 6007)
  - **Bulk** - Walnut halves (raw) (PLU # 60262): Walnuts are considered one of the greatest sources of Omega-3 fatty acids.
  - **Bulk** - Raw almonds (PLU #6001); roasted almonds (PLU #6615)

## Beverages

- Just IcedTea - unsweetened green tea and unsweetened black tea