

# diabetic FOOD LIST

It's important to continue to follow official dietary guidelines and this includes consuming the recommended daily intake of food from the five food groups. Be aware of servings and portion sizes as these will have a bigger impact on blood sugar levels than the actual type of food. While everyone has different needs—and you should speak to your doctor and diabetes team for individualised advice—including the following in your shopping list is a good start.

## VEGETABLES

- ☐ Dark green leafy vegetables
- ☐ Asparagus
- ☐ Beetroot
- ☐ Carrot
- ☐ Celery
- ☐ Cucumber
- ☐ Capsicum
- ☐ Onion
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## PROTEIN

- ☐ Free-range eggs
- ☐ Tofu
- ☐ Mixed nuts (*almonds, macadamia, walnuts*)
- ☐ Cheese
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## WHAT TO AVOID

- ☐ Butter
- ☐ Cream products (*sour cream, cream, mayonnaise etc.*)
- ☐ Pastries, cakes and biscuits
- ☐ Chocolate
- ☐ Pre-packaged snacks and meals
- ☐ Fried takeaway foods
- ☐ Soft drinks
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## FRUITS

- ☐ Berries
- ☐ Tomato
- ☐ Peach
- ☐ Citrus
- ☐ Apple
- ☐ Apricot
- ☐ Pear
- ☐
- ☐
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- ☐

## CARBOHYDRATES

- ☐ Wholegrain bread
- ☐ Wholegrain pasta
- ☐ Wholegrain or bran cereal
- ☐ Wholegrain biscuits
- ☐ Wholegrain crackers
- ☐ Brown rice
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

## FATS

(avoid saturated, opting instead for small amounts of polyunsaturated & monounsaturated)

- ☐ Sunflower oil
- ☐ Cold-pressed olive oil
- ☐ Sesame oil
- ☐ Avocado
- ☐ Nut spreads
- ☐ Seeds
- ☐ Nuts
- ☐
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- ☐
- ☐

## DAIRY

- ☐ Fat-free yoghurt
- ☐ Fat-free milk
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Want to read more? [MumsAtTheTable.com/managing\\_your\\_childs\\_diabetes](https://MumsAtTheTable.com/managing_your_childs_diabetes)