

Pantry Staples

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FLOURS

How and when do you use white flour? Unless you're a frequent baker, you probably don't use it enough to justify buying a substitute. Just like sugar, most of the flour we eat is from products like bread, pasta, baked desserts, donuts, etc.

SWEETENERS

How and when do you use sugar: in coffee every morning or occasionally to bake? The reality is the sugar we consume is mostly from products we buy already made like candy, cake, donuts, cereal, granola, etc.

RICE

How often do you eat rice? It's a common staple, but white rice is nutritionally void and *will* raise your blood sugar. If you eat rice at least twice a week, a replacement is worth the purchase.

Healthy Diabetic Food Substitutions

Flours

- Whole Wheat
- Almond
- Coconut
- Protein Powder
- Protein Fortified

Pastas

- Whole Wheat
- Lentil
- Vegetable
- Tofu or Shirataki
- Protein Fortified

Breads

- 100% Whole Wheat
- Sprouted Whole Grains
- Seeded

Sugars

- Raw/Local Honey
- Monkfruit
- Stevia
- Agave
- Coconut Sugar
- 100% Pure Maple Syrup
- Sugar Alcohols - Erythritol, Xylitol, etc.

Tortillas

- Corn
- Whole Wheat
- High Fiber - Low Carb

Rice

- Veggie (Cauliflower, Broccoli, etc.)
- Brown Rice
- Quinoa
- Farro

Oatmeal Potatoes

- Steel Cut

- Sweet Potatoes
- Cauliflower
- Radish
- Jicama

All Whole Wheat products **MUST** list Whole Wheat as the first ingredient.
100% whole wheat is best!

Healthy Diabetic Food Substitutions

Pancakes Ice Cream

- Whole Wheat
- Almond
- Coconut
- Protein Powder
- Protein Fortified

- Sugar Free
- Non Dairy, sugar free
- Protein added

Cereal

- Wheat bran based (Kellogg's All Bran, Post 100% Bran) (with milk alternative)

Pizza

- Thin Crust loaded with meat & veggies
- Cauliflower Crust (beware of other ingredients like rice flour)
- Fathead crust

Candy

- 70% or higher Dark Chocolate
- Chocolate covered nuts
- Sugar Free

Crackers Granola

- Whole Wheat/Grain
- Cauliflower based
- Nut based
- Cheese based

- Homemade with nuts & seeds
- Nut based
- No-grain

Drinks

- Stevia sweetened
- Sugar Free (avoid ingredient aspartame)
- Flavored Waters

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