

DIABETIC FOOD GROUPS

In the diabetic diet, foods are grouped according to their effect on blood sugar, so we have carbohydrates, proteins, and fats.

These groups are based on a meat-eating North American diet.

Carbs

- Beans
- Breads (bread crumbs)
- Drinks other than water
- Edamame
- Farro
- Flour products (cake, cornbread, cookies, etc.)
- Fruits & fruit juices
- Grains
- Milk & dairy
- Oats
- Pasta
- Quinoa
- Rice
- Starchy vegetables
- Tortillas

Proteins

- Animal meats & poultry
- Cottage cheese
- Eggs
- Fish / Seafood
- Greek yogurt
- Hard cheeses
- Tofu

Fats

- Avocado
- Cheeses
- Full-fat dairy
- Nuts
- Nut Butters
- Olives
- Seeds
- Seed Butters

Starchy Veggies

- Cassava
- Corn
- Lima beans
- Peas
- Parsnips
- Plantains
- Potatoes (all)
- Salsify
- Sweet potatoes
- Taro
- Water chestnuts
- Winter squash (acorn, butternut, delicata)
- Yams

To sum up the Carbs list, think grains, beans, fruits, and starchy vegetables.

Lists are not all inclusive.