

# Vegetarian

## DIABETIC FOOD GROUPS

In the diabetic diet, foods are grouped according to their effect on blood sugar. As a vegetarian, just about every food you eat will have carbs and will belong to more than one group.

### Carbs

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

### Proteins

- Beans / legumes
- Cheese
- Cottage cheese
- Edamame
- Eggs
- Greek yogurt
- Soy products (tofu, tempeh)

### Fats

- Avocado
- Cheese
- 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

Low-carb vegetables, commonly referred to as "freebie" foods, aren't included in a group because they have little to no effect on blood sugar.

You can use this list alongside the [freebie foods list](#), [protein list](#), and [build your plate visual](#) as you adjust to low glycemic eating. The good news is that a vegetarian diet with minimally processed foods fights against diabetes naturally.

Lists are not all inclusive.