

Diabetic

- Apples
- Applesauce
- Bananas
- Blueberries
- Cherries
- Grapefruit
- Nectarines
- Peaches
- Pears
- Pineapple
- Watermelon
- Artichokes
- Beets
- Broccoli
- Carrots
- Leeks
- Mushrooms
- Squash
- Tomatoes
- Baby corn
- Skim or 1 % low-fat milk
- Eggs or egg substitute
- Cottage cheese
- Reduced-fat cheese
- Fish
- Seafood
- Poultry
- Meat
- Oatmeal
- Whole grain cereal
(unsweetened)
- Dried fruit
- Nut butters