



Type 2 Diabetes Grocery List

Vegetables

Avocado
Bean sprouts
Beets
Bok choy
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green beans
Green, red, orange peppers
Kale
Leeks
Mushrooms
Okra
Pea pods
Romaine lettuce
Salad greens
Spaghetti squash
Spinach
Sweet potatoes
Swiss chard
Tomatoes
Turnips
Winter squash (acorn, butternut, kabota)
Zucchini

Fresh Herbs

Basil
Cilantro
Dill
Garlic
Ginger
Onions
Rosemary
Thyme

Fruit

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Grapefruit

Honeydew melon
Lemons
Limes
Nectarines
Oranges
Peaches
Pears
Raspberries
Strawberries
Watermelon

Meat, Poultry and Seafood

Bacon (with no added sugar)
Beef roast
Beef steak
Beef, lean ground
Chicken breast
Fresh deli meats such as roast beef, turkey breast, chicken breast, ham
Pork chops
Pork loin
Pork, ground
Rotisserie chicken
Salmon
Sausage (with no added sugar)
Tilapia
Tuna
Whole chicken

Condiments

Balsamic vinegar
Extra-virgin olive oil
Fish sauce
Olives
Pickles (look for varieties with no sugar, fresh fermented)
Red Wine Vinegar
Reduced sodium soy sauce
Rice vinegar
Sesame oil
White vinegar
Yellow mustard

Spreads

Cashew butter
Natural almond butter (no added sugar)
No added sugar jams, marmalades and jellies
Unsweetened peanut butter

Snacks

Almonds
Edamame
Hummus and falafel
Pumpkin seeds
Salsa
Soy nuts
Sunflower seeds
Unflavored popcorn
Walnuts

Drinks

Black tea
Club soda
Coconut water
Coffee
Green tea
Herbal tea
Mineral water
Sparkling water
Unsweetened teas

Cereals

Rolled oats
Steel cut oats

Rice, Beans, Pasta and Grains

Black beans
Brown rice
Chickpeas
Kidney beans
Lentils
Millet
Navy beans
Pinto beans
Quinoa
Whole grain barley
Whole grain pasta
Wild rice

Canned Goods

Canned beef broth (low sodium, no added sugar)
Canned chicken broth (low sodium, no added sugar)
Canned coconut milk
Canned pumpkin
Canned salmon
Canned tuna

Canned vegetable broth (low sodium, no added sugar)
Diced tomatoes
Tomato Paste

Baking

Chia seeds
Cocoa
Coconut (unsweetened flakes or shredded)
Corn meal
Flax seeds
Oat flour
Whole wheat flour

Spices

Allspice
Basil
Bay leaves
Black pepper
Cayenne pepper
Chili powder
Cilantro
Cinnamon
Cumin
Dill
Garlic
Ginger
Lemongrass
Nutmeg
Oregano
Rosemary
Sea Salt
Thyme
Turmeric
Yellow curry

Frozen Food

Frozen fruit
Frozen meat (plain with no sauces that contain sugar)
Frozen vegetables

Dairy and Eggs

Cottage cheese
Eggs
Plain yogurt
Unsweetened Greek yogurt

REFERENCES

American Diabetes Association: Non-starchy Vegetables

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/nonstarchy-vegetables.html>

American Diabetes Association: Grains and Starchy Vegetables

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html>

American Diabetes Association: What Can I Drink?

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/whatcan-i-drink.html>