

DIABETIC GROCERY LIST

This list is a guide to assist those with diabetes with making better food choices. However, when you have diabetes, portion control of carbohydrates is important in the management of diabetes.

PRODUCE SECTION

- All fresh fruits (remember to watch the portions size of your fruit)
- All fresh non-starchy vegetables

MEAT, POULTRY, SEAFOOD

- Beef tenderloin
- Beef flank steak
- Beef bottom round steak
- Eye of the round steak
- Lean ground beef and hamburger patties
- Swift or Hormel pre-seasoned pork tenderloin
- Center cut pork chop
- Oscar Mayer Deli Fresh deli meats: roast beef, turkey breast, chicken breast, ham
- Boar's Head deli meats: all varieties
- Rotisserie chicken (remove skin)
- Oscar Mayer 50% less fat turkey bacon
- Oscar Mayer turkey sausage (⅔ less fat)
- All fish and shellfish (not stuffed, breaded, or fried)
 - Yellow fin tuna
 - Fresh salmon
 - Catfish
 - Sea scallops

- Tilapia
- Crab meat

CONDIMENTS, SAUCES, SPREADS

- Mrs. Dash's salt free seasonings and marinades
- Tabasco sauce
- Stubb's original BBQ sauce (mild and spicy)
- A-1 steak sauce
- Yellow mustard: any brand
- Hellman's light mayonnaise
- Smart Balance Light Buttery Spread
- Smart Balance Whipped Butter Spread
- I Can't Believe It's Not Butter-light
- Daisy light sour cream

SALAD DRESSINGS

- Wish Bone salad spritzers
- All balsamic vinegars

PEANUT BUTTER/JELLY

- Jif creamy or crunchy peanut butter
- Peter Pan creamy or crunchy peanut butter
- Smucker's no sugar preserves, jams, or marmalades and jellies

SNACKS

- Kashi GoLean bar (chewy or crunchy)
- Sun Chips: all varieties
- Wasa Whole Wheat Crisp Bread
- Orville Redenbacher's Smart Pop popcorn (single serving)
- All Bran crackers (all varieties)
- Nabisco Triscuit crackers and Thin Crisps
- Kashi TLC crackers (all flavors)
- Special K crackers (all flavors)
- 100 Calorie packs of nuts (any variety)
- Salsa (any variety)

CEREALS: HOT AND COLD

- Kellogg's Special K Protein Plus
- Post Bran Flakes
- Fiber One Original
- Kashi GoLean cold cereal
- Kashi GoLean hot cereal
- Bulgar Wheat
- Quaker Old Fashioned Oats
- Quaker instant oatmeal (plain)

SOUPS

- Progresso Hearty Black Bean soup
- Progresso Green Split Pea soup
- Progresso Lite soups

CANNED GOODS

- Starkist Chunk Lite Tuna in water
- Chicken of the Sea pink salmon
- Hormel Breast of Chicken in water
- Libby's 100% pure pumpkin

RICE, BEANS, PASTA AND GRAINS

- Brown rice (all brands)
- Dried beans (any variety)
- Barilla Plus spaghetti and penne pasta
- Barilla Whole Wheat shell pasta, fettuccine, spaghetti, spinach spaghetti, angel hair pasta

FROZEN FOODS

- All non-starchy vegetables: plain, seasoned, or low fat butter sauce
- Morning Star Grillers Original Burger
- Morning star Garden Veggie Burger
- Morning Star Sausage links or patties
- Morning Star Farms Italian Sausage
- Morning Star Farms Bacon Strips
- Boca All-American Flame Grilled Meatless Burger
- Smart Ones Homestyle Beef Pot Roast
- Smart Ones Chicken Santa Fe
- Smart Ones breakfast Ham and Cheese Scramble
- Smart Ones breakfast Canadian Style Bacon English Muffin Sandwich
- Smart Ones Chicken Marsala with Broccoli
- Healthy Choice Café Steamers Grilled Whiskey Steak and Roasted Beef Merlot
- Lean Cuisine Roasted Garlic Chicken
- Kashi (all frozen meals)

- Kashi GoLean waffles: plain
- Edamame

BREAD

- Nature's Own 100% whole wheat bread
- Pepperidge Farm 100% whole grain English muffin
- Thomas' whole wheat mini-bagel
- Thomas' whole wheat English muffin and bagel thins
- Sara Lee's whole wheat breads

ICE CREAM/FROZEN YOGURT

- Breyer's Double Churn Free ice cream
- Klondike Slim-a-Bear 100 calorie sandwiches
- No Sugar Added Fudgsicles
- Sugar-free popsicles
- Edy's Slow churned, No Sugar Added ice cream

DAIRY AND DAIRY SUBSTITUTES

- 1% low fat milk
- Fat free skim milk
- Plain Greek yogurt: 0% or 2% (any brand)
- Activia yogurt

- Breakstone's cottage cheese (low fat or fat free)
- Light-n-Lively cottage cheese (low fat or fat free)
- Sargento Light ricotta cheese
- Laughing Cow Light cheese wedges (all varieties)
- Kraft String-Ums mozzarella string cheese
- Kraft Philadelphia fat free cream cheese
- Cabot cheese (50% reduced fat)
- Eggs

BAKING

- Aunt Jemima whole wheat pancake and waffle mix
- Sugar free syrup (any brand)
- Gold Medal whole wheat flour
- Mazola canola oil
- First cold pressed extra virgin olive oil (any brand)
- PET fat free evaporated skimmed milk
- Nestle Carnation evaporated fat free milk
- Splenda