

## Recommended Diabetes Food List

Eat wholefoods and avoid foods that are processed and refined. Eat foods as closely to nature and foods that are nutrient dense to maintain energy levels and activity. Enjoy your food and be mindful when you are eating.

Meat and Seafood	Vegetables	Vegetables	Fruit	Drinks
Beef	Artichoke	Leeks	Blueberry	Coconut Milk
Chicken	Asparagus	Lettuce	Blackberry	Almond Milk
Duck	Bok Choy	mushrooms	Raspberry	Mineral water
Lamb	Broccoli	Mustard greens	Cherries	Herbal teas
Mutton	Brussel Sprouts	Okra	Strawberry	
Pork	Cabbage	Peppers	Grapefruit	
Turkey	Celery	Squash	Apple	
	Cucumber	Watercress	Lemon	
	Aubergine	Avocado	Lime	
	Ginger and garlic	Spinach	Plums	
	Kale	Tomatoes		
Nuts and seeds	Spices and Herbs	Fats and Oils	Superfoods	Fish and seafood
Almonds	Basil	Avocado Oil	Organ meats: liver, kidney, heart	Mackerel
Brazil Nuts	Bay Leaf	Organic coconut Oil	Sea veg: dulse, kelp, seaweed	Herring
Hazelnuts	Cardamon	Ghee	Bone broth	Salmon
Pine Nuts	Cayenne Pepper	Walnut Oil	Fermented foods: kefir, kombucha, lassi, miso	Sardines
Pistachio	Chilli pepper	Extra virgin olive oil	Flours	Anchovies
Pumpkin Seeds	Chives	Grass fed butter/kerrygold	Coconut Flour	Trout
Melon Seeds	Coriander		Almond Flour	Tuna
Sunflower seeds	Cinnamon		Gram flour	Hake
	Cumin			Cod
	Dill			
	Fenugreek			
	Horseradish			
	Mint			
	Thyme			