

DIABETES MEAL PLAN

FOODS TO EAT

Vegetables

- Broccoli
- Cauliflower
- Cucumber
- Green beans
- Green peas
- Spinach
- Sweet corn
- Tomato
- Zucchini

Fruits

- Apple
- Banana
- Blueberry
- Cherry
- Citrus fruit
- Fig
- Grape
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Orange
- Peach
- Pineapple
- Raspberry
- Strawberry
- Watermelon

Grains

- Wholemeal bread
- Wholemeal pasta
- Wholemeal rice
- Wholemeal flour
- Wholemeal cornmeal
- Wholemeal bran
- Wholemeal germ
- Wholemeal husk
- Wholemeal meal
- Wholemeal shorts
- Wholemeal soya
- Wholemeal wheat
- Wholemeal yeast
- Wholemeal bran
- Wholemeal germ
- Wholemeal husk
- Wholemeal meal
- Wholemeal shorts
- Wholemeal soya
- Wholemeal wheat
- Wholemeal yeast

Whole Grains

- Wholemeal bread
- Wholemeal pasta
- Wholemeal rice
- Wholemeal flour
- Wholemeal cornmeal
- Wholemeal bran
- Wholemeal germ
- Wholemeal husk
- Wholemeal meal
- Wholemeal shorts
- Wholemeal soya
- Wholemeal wheat
- Wholemeal yeast
- Wholemeal bran
- Wholemeal germ
- Wholemeal husk
- Wholemeal meal
- Wholemeal shorts
- Wholemeal soya
- Wholemeal wheat
- Wholemeal yeast

FOODS TO AVOID

Vegetables

- Artichoke
- Asparagus
- Brussels sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Green peas
- Spinach
- Sweet corn
- Tomato
- Zucchini

Processed Meat Products

- Ham
- Salami
- Sausage
- Steak
- Wurst

Grains

- White bread
- White pasta
- White rice
- White flour
- White cornmeal
- White bran
- White germ
- White husk
- White meal
- White shorts
- White soya
- White wheat
- White yeast

Refined Grains

- White bread
- White pasta
- White rice
- White flour
- White cornmeal
- White bran
- White germ
- White husk
- White meal
- White shorts
- White soya
- White wheat
- White yeast

DIABETES FOOD LIST

Warning: This chart is intended for educational and general reference purposes only. Although we aim for accuracy, we cannot ensure that all data is complete or entirely reliable. The author is not liable for any errors, omissions, or potential consequences from using this information. Always seek advice from healthcare professionals for specific medical and nutritional guidance. Use this information responsibly.

Glycemic Index (GI)

LOW (1-55)

MEDIUM (56-69)

HIGH (70-100)

*Values apply to the specific serving sizes listed for each food

Food	Serving Size	GI	Food	Serving Size	GI
Almonds	1 oz (28g)	15	Apples	1 medium	35
Apples	1 medium	35	Avocados	1 medium	15
Avocados	1 medium	15	Bananas	1 medium	45
Bananas	1 medium	45	Berries	1 cup	10
Berries	1 cup	10	Breads	1 slice	70
Breads	1 slice	70	Butter	1 tbsp	0
Butter	1 tbsp	0	Cheese	1 oz	0
Cheese	1 oz	0	Citrus	1 cup	30
Citrus	1 cup	30	Cocoa	1 oz	0
Cocoa	1 oz	0	Coffee	1 cup	0
Coffee	1 cup	0	Corn	1 cup	55
Corn	1 cup	55	Cranberries	1 cup	10
Cranberries	1 cup	10	Cucumbers	1 cup	15
Cucumbers	1 cup	15	Dates	1 cup	40
Dates	1 cup	40	Flaxseed	1 oz	15
Flaxseed	1 oz	15	Figs	1 cup	30
Figs	1 cup	30	Grapes	1 cup	55
Grapes	1 cup	55	Guavas	1 cup	10
Guavas	1 cup	10	Kiwifruit	1 cup	30
Kiwifruit	1 cup	30	Lemons	1 cup	30
Lemons	1 cup	30	Limes	1 cup	30
Limes	1 cup	30	Mangoes	1 cup	40
Mangoes	1 cup	40	Oranges	1 cup	30
Oranges	1 cup	30	Papayas	1 cup	30
Papayas	1 cup	30	Peaches	1 cup	30
Peaches	1 cup	30	Pears	1 cup	30
Pears	1 cup	30	Pineapples	1 cup	30
Pineapples	1 cup	30	Plums	1 cup	30
Plums	1 cup	30	Raspberries	1 cup	10
Raspberries	1 cup	10	Strawberries	1 cup	10
Strawberries	1 cup	10	Tangerines	1 cup	30
Tangerines	1 cup	30	Watermelons	1 cup	30
Watermelons	1 cup	30			

DIABETIC DINNER

Turkey Burger with Topped and Toppings

Chicken Breast with Rice and Vegetables

Steak & Spinach Salad

Salmon Steaks with Berries and Vegetables

Beef Chauder with Carrots & Tomatoes

Lentil Soup with Spinach

Lentil Curry with Spinach

Beef Stroganoff

Chicken Breast with Rice and Vegetables

Steak & Spinach Salad

Salmon Steaks with Berries and Vegetables

Beef Chauder with Carrots & Tomatoes

Lentil Soup with Spinach

Lentil Curry with Spinach

Beef Stroganoff

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Avocados	1 medium	15	Bananas	1 medium	45
Bananas	1 medium	45	Berries	1 cup	10
Berries	1 cup	10	Breads	1 slice	70
Breads	1 slice	70	Butter	1 tbsp	0
Butter	1 tbsp	0	Cheese	1 oz	0
Cheese	1 oz	0	Citrus	1 cup	30
Citrus	1 cup	30	Cocoa	1 oz	0
Cocoa	1 oz	0	Coffee	1 cup	0
Coffee	1 cup	0	Corn	1 cup	55
Corn	1 cup	55	Cranberries	1 cup	10
Cranberries	1 cup	10	Cucumbers	1 cup	15
Cucumbers	1 cup	15	Dates	1 cup	40
Dates	1 cup	40	Flaxseed	1 oz	15
Flaxseed	1 oz	15	Figs	1 cup	30
Figs	1 cup	30	Grapes	1 cup	55
Grapes	1 cup	55	Guavas	1 cup	10
Guavas	1 cup	10	Kiwifruit	1 cup	30
Kiwifruit	1 cup	30	Lemons	1 cup	30
Lemons	1 cup	30	Limes	1 cup	30
Limes	1 cup	30	Mangoes	1 cup	40
Mangoes	1 cup	40	Oranges	1 cup	30
Oranges	1 cup	30	Papayas	1 cup	30
Papayas	1 cup	30	Peaches	1 cup	30
Peaches	1 cup	30	Pears	1 cup	30
Pears	1 cup	30	Pineapples	1 cup	30
Pineapples	1 cup	30	Plums	1 cup	30
Plums	1 cup	30	Raspberries	1 cup	10
Raspberries	1 cup	10	Strawberries	1 cup	10
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Checklist Nutrition Guide

Joacim Rocklöv



Checklist Nutrition Guide:

Whispering the Secrets of Language: An Emotional Journey through **Checklist Nutrition Guide**

In a digitally-driven earth where screens reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within words frequently go unheard. Yet, set within the pages of **Checklist Nutrition Guide** a fascinating fictional value blinking with raw thoughts, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this charming opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within ab muscles material of every word. Within the psychological depths of the moving review, we can embark upon a genuine exploration of the book is key subjects, dissect its interesting writing model, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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