

# DIABETES MEAL PLAN

## FOODS TO EAT

### Vegetables

- Asparagus
- Cauliflower
- Corn
- Green beans
- Kale
- Spinach
- Sweet potato



### Fruits

- Apple
- Banana
- Blueberries
- Cherry
- Orange
- Peach
- Pineapple
- Raspberries
- Strawberries



### Grains

- Barley
- Brown rice
- Farro
- Quinoa
- Wild rice



### Whole Grains

- Whole wheat flour
- Whole wheat bread
- Whole wheat pasta
- Whole wheat tortillas



## FOODS TO AVOID

### Vegetables

- Cooked vegetables with added salt
- Green peas
- Onion
- Potato with skin



### Processed Meat Products

- Chorizo
- Hot dogs
- Salami
- Smoked sausage
- Spicy salami
- Spicy sausage



### Grains

- White rice
- White bread
- White pasta



### Refined Grains

- White bread
- White pasta
- White rice
- White tortillas



# DIABETIC DINNER



**Turkey Burger with Salad and Buns**  
Lean ground turkey, turkey buns, lettuce, tomato, onion, cheese, and pickles.



**Chicken Burrito with Rice**  
Chicken, rice, beans, cheese, and tomatoes.



**Chicken & Spinach Salad**  
Chicken, spinach, tomatoes, and dressing.



**Salmon Steaks with Berries and Vegetables**  
Salmon steaks, berries, and vegetables.



**Slow Cooker Ground Beef with Corn & Tomatoes**  
Ground beef, corn, and tomatoes.



**Lentil Stuffed Peas**  
Lentils, tomatoes, and cheese.



**Lentil Curry with Spinach**  
Lentils, spinach, and tomatoes.



**Chicken & Avocado Smoothie**  
Chicken, avocado, and fruit.

# 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. (See this information repeatedly)

## Glycemic Index (GI)

**LOW (1-55)**

**EAT FREELY**

**MEDIUM (56-69)**

**NO MINDFULNESS LIMIT**

**HIGH (70-100)**

**LIMIT STRICTLY**

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

Food	Carbohydrate	Fiber	GI	Food	Carbohydrate	Fiber	GI
Asparagus	1 cup (1/2 cup)	0.5g	15	Carrots	1 cup (1/2 cup)	0.5g	15
Artichokes	1 artichoke (1/2 cup)	2.0g	15	Cauliflower	1 cup (1/2 cup)	0.5g	15
Avocados	1/2 cup	0.5g	15	Cheese	1/2 cup (1/2 cup)	0.5g	15
Bananas	1/2 cup	0.5g	51	Corn	1/2 cup	0.5g	51
Bell peppers	1/2 cup	0.5g	15	Cornmeal	1/2 cup	0.5g	51
Berries (blueberries, raspberries, strawberries)	1/2 cup	0.5g	15	Cottage cheese	1/2 cup	0.5g	15
Blackberries	1/2 cup	0.5g	15	Cruciferous vegetables	1/2 cup	0.5g	15
Black beans	1/2 cup	0.5g	15	Cucumbers	1/2 cup	0.5g	15
Blackberries	1/2 cup	0.5g	15	Eggs	1/2 cup	0.5g	15
Blueberries	1/2 cup	0.5g	15	Flaxseed	1/2 cup	0.5g	15
Broccoli	1/2 cup	0.5g	15	Garlic	1/2 cup	0.5g	15
Broccoli	1/2 cup	0.5g	15	Garlic	1/2 cup	0.5g	15
Broccoli	1/2 cup	0.5g	15	Garlic	1/2 cup	0.5g	15

Food	Carbohydrate	Fiber	GI	Food	Carbohydrate	Fiber	GI
Black beans	1/2 cup	0.5g	15	Apple	1/2 cup	0.5g	51
Black beans	1/2 cup	0.5g	15	Apple	1/2 cup	0.5g	51
Black beans	1/2 cup	0.5g	15	Apple	1/2 cup	0.5g	51

# Checklist Nutrition Guide

**CO Houle**



## **Checklist Nutrition Guide:**

## **Checklist Nutrition Guide** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Checklist Nutrition Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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