



Adapted from the American Diabetes Association, we've put together a diabetes friendly shopping list to use wherever you get your groceries.

## **Diabetes Friendly Shopping list**

### **Non-starchy Vegetables**

Asparagus  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Cucumbers  
Dark leafy greens like spinach,  
kale, chard etc.  
Eggplant  
Mushrooms  
Okra  
Pea Pods  
Peppers  
Radishes  
Salad greens  
Tomatoes  
Zucchini

### **Starchy Vegetables**

Corn  
Potatoes  
Butternut Squash

### **Other Carbohydrates**

Beans  
Lentils  
Corn Tortillas  
Milk  
Yogurt  
Whole grains  
Fruit  
Berries

### **Protein**

Chicken  
Eggs  
Cheese  
Fish (tuna, salmon, etc.)  
Nuts  
Nut butter  
Lean beef  
Shrimp  
Tofu