

Dr. Dazer

## **DIABETES FOOD LIST**

### **Eat unlimited (animal foods)**

**Meat:** Including beef, pork, lamb, goat, venison etc.

**Poultry:** Chicken, turkey, duck and other birds

**Fish & Shellfish:** Any fish including tuna, salmon, catfish, shrimp, crabs and lobster

**Eggs:** Whole eggs including the yolks

### **Eat unlimited (leafy green plants)**

**Includes:** arugula, bok choy, (all varieties), chard, chives, endive, greens (all varieties including beet greens, collard greens, mustard greens, and turnip greens), kale, lettuce (all varieties), parsley, spinach, radicchio, radish greens, scallions, and watercress

### **Eat in moderation (high fat foods)**

**Cheese:** Including cheddar, brie, camembert, mozzarella, cream cheese, goat cheeses

**Cream, Oils, Butter, Mayo & Salad Dressing**

**Olives:** black or green

**Avocado**

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## **Eat in moderation (non-leafy vegetables)**

**Includes:** artichokes, asparagus, broccoli, brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans (string beans), jicama, leeks, mushrooms, okra, onions, peppers (all varieties), unsweetened pumpkin, radishes, rhubarb, shallots, snow peas, sprouts (bean & alfalfa), sugar-snap peas, squash, tomatoes, wax beans, zucchini.

## **DO NOT EAT (starchy or sugary foods)**

Flour or starch: in foods, breading, or sauces.

Bread, tortillas/wraps, bagels, pasta, muffins.

Grains: whole grains, rice, cereal, oatmeal.

Crackers, potato chips, tortilla chips.

Honey, white/brown sugar, maple syrup, molasses, corn syrup, agave

Sweets: cake, pies, pastries, doughnuts, candy.

Fruit juice, sugar-sweetened drinks.

Alcoholic drinks: Beer, wine, whisky, brandy etc.

Starchy tubers & vegetables: corn, carrots, parsnips, peas, beans, Irish potatoes, sweet potatoes

Ice cream, frozen desserts

Fruit: including berries