

Diabetes Grocery List



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This list is a guide to assist those with diabetes with making better food choices. However, when you have diabetes, portion control of carbohydrates is important in the management of diabetes.

PRODUCE SECTION

All Fresh Fruits (Remember to Watch your Portion Sizes of your Fruit)
All Fresh Non-Starchy Vegetables

MEAT, POULTRY, SEAFOOD

Meat and Poultry

Tyson Seasoned Steak Strips
Kabobs: Beef, Chicken, Pork
Rouses Stir-Fry: Pork and Veggie, Beef and Veggie
Rouses 93/7 Lean Ground Beef and Hamburger Patties
Beef Tenderloin
Beef Flank Steak
Beef Bottom Round Roast
Eye of Round Steak
Pork Tenderloin
Swift or Hormel Pre-Seasoned Pork Tenderloin
Center Cut Pork Chop
Honeysuckle White Breast of Turkey (99% Fat Free)
Honeysuckle White Turkey Breast Tenderloins (Pre-Marinated, Seasoned)
Honeysuckle White Turkey Breast Thin-Cut Slices
Sanderson Farms 100% Natural Chicken Breast Filets, Chicken Breast Tenders
Hillshire Farm Deli Select: Roast Beef, All Types of Turkey Breast, Ham
Oscar Mayer Deli Fresh: Roast Beef, Turkey Breast, Chicken Breast, Ham
Sara Lee: All Types of Roast Beef, Ham, Chicken, Turkey
Oscar Mayer: All Types of Chicken, Turkey, Ham, Roast Beef
Butterball: All Types of Chicken, Turkey, Ham, Roast Beef
Boar's Head Deli Meats – All Varieties of Turkey, Ham, Chicken, Roast Beef
Rotisserie Chicken: Original Seasoning (Remove Skin)
Boneless Skinless Chicken Breast
Tyson Mesquite Chicken Breasts (Fully-Cooked)
Tyson Fajita or Grilled Chicken Breast Strips
Honeysuckle White Boneless Skinless Turkey Breast
Honeysuckle White Extra Lean Ground Breast of Turkey
Honeysuckle White Turkey Breast Tenderloin
Honeysuckle White 93/7 Fresh Ground Turkey
Jennie-O Turkey Franks
Jennie-O Extra Lean Turkey Bacon
Jimmy Dean Turkey Bacon
Oscar Mayer Center Cut Bacon
Oscar Mayer 50% Less Fat Turkey Bacon
Oscar Mayer Turkey Sausage 2/3's Less Fat
Hillshire Farm Lite Smoked Sausage
Uncured Bacon — Canadian Bacon

Seafood (Should be Fully Cooked)

All Fish and Shellfish (not Stuffed, Breaded or Fried)
Cooked Sushi Rolls Made with Cucumber or Brown Rice
Yellow Fin Tuna
Fresh Salmon
Catfish
Louisiana Shrimp
Sea Scallops
Tilapia
Crab Meat
Louisiana Oysters
Louisiana Crawfish
Inland Market Chardonnay Salmon, Bronzed Tilapia
Emeril's Certified Wild-Caught Shrimp
Treasures from the Sea: Ahi Tuna, Tilapia, Cod Filets, Pollock Fillets
Full Circle: Wild Swordfish, Wild Alaskan Halibut, Wild Ahi Tuna, Wild Salmon

CONDIMENTS, SAUCES, SPREADS

Marinades and Seasoned Sauces

Mrs. Dash Salt-Free Marinade: Southwestern Chipotle, Lemon Herb Peppercorn
Tabasco Sauce
Rouses Merlot Wine Steak Sauce
Rouses Spicy Cajun Steak Sauce
Rouses Vidalia Onion Barbecue Sauce
Stubb's Original BBQ Sauce – Mild and Spicy
Fischer & Wieser Dressing/Marinade – Southwestern Herb & Tomato, Sweet Corn & Shallots, Corlander & Lime, Citrus, Herb & Truffle Oil

Condiments and Spreads

Yellow Mustard – Any Brand
Walden Farms Tomato Ketchup
Hellmann's Dijonnaise
Hellmann's Light Mayonnaise
Kraft Lite Mayo
Kraft Mayo with Olive Oil
Laughing Cow Light – Any Flavor
Smart Balance Light Buttery Spread
Smart Balance Spray Butter
Smart Balance Organic
Smart Balance Organic Butter Spread
Smart Balance Whipped Butter Spread
Smart Balance Omega Butter Spread
I Can't Believe It's Not Butter Lite
Brummel & Brown — Promise Cardiologist Endorsed
Brummel & Brown Natural Yogurt Spread
Daisy Light Sour Cream



* Product contains more than 600 mg of sodium per serving.



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SALAD DRESSINGS

Rouses Vidalia Onion Honey Mustard Dressing
Rouses Vidalia Onion & Creamy Cucumber Dressing
Rouses Vidalia Onion Ranch Dressing
Rouses Roasted Garlic Dressing
Wish-Bone Salad Spritzers
Bolthouse Farms Salad Dressing: Olive Oil Vinaigrette – Asian Ginger, Chunky Blue Cheese; Creamy Yogurt Dressing – Chunky Blue Cheese, Salsa Ranch, Honey Mustard, Caesar Parmigiano, Thousand Island, Classic Ranch
Maple Grove Farms – Fat Free Caesar, Greek
All Balsamic Vinegars

PEANUT BUTTER/JELLY

Full Circle Peanut Butter
Jif Creamy, Crunchy or Extra-Crunchy Peanut Butter
Peter Pan Creamy or Crunchy Peanut Butter
Jif To Go
Best Yet Creamy or Crunchy Peanut Butter
Smucker's Natural Peanut Butter – Chunky or Creamy
Smart Balance Peanut Butter – Chunky or Creamy
Simply Jif Creamy
Smucker's No-Sugar Preserves, Jams or Marmalades
Smucker's Low Sugar No Artificial Sweeteners Preserves, Marmalade and Jelly

SNACKS

Genisoy Soy Crisps
Glenny's Soy Crisps
Full Circle Soy Crisps
Think Thin Protein Bar
EAS AdvantEDGE Carb Control Nutrition Bar
EAS Myoplex Lite Ready-to-Drink
Naturade 100% Soy or Whey Protein Powder
MLO Vegetable Protein Powder
PowerBar Protein Plus Bar
Kashi-Go-Lean Crunchy Bar or TLC Bar (Crunchy or Chewy)
South Beach Living High Protein Cereal Bar
Orville Redenbacher's Smart Pop! Popcorn – Single-Serving Bags
Oberto Beef Jerky, Original
Garden of Eatin's BAKED Blue or Yellow Tortilla Chips
Beanitos Chips
Sun Chips: All Varieties
Ryvita Rye & Oat Bran All Natural Crisp Bread
Ryvita Sesame Rye All Natural Crisp Bread
Wasa Whole Wheat Crisp Bread
Kavli Crispy Thin and Thick Bread Crisp Bread

All Bran Crackers: Garlic Herb, Multi-Grain
Nabisco Triscuit Crackers and Thin Crisps
Akmak Sesame Crackers
Mary's Gone Crackers
Dr. Kracker Crackers
Kashi TLC Crackers: All flavors
Special K Crackers: All flavors
100-Calorie Pack of Nuts (Any Variety)
Salsa – Any Variety

CEREALS: HOT & COLD

Kellogg's Special K Protein Plus
Post Bran Flakes
Quaker Crunchy Corn Bran
General Mills Original Fiber One Bran Cereal
Organic Weetabix
Familia Swiss Muesli No Added Sugar
Barbara's Puffin's Original Cereal
Fiber One Original
Kashi GoLean Cereal
Uncle Sam's Original
Kashi GoLean Hot Cereal
Uncle Sam's Toasted Whole Wheat & Flaxseed Original Cereal
McCann's: Steel Cut Oatmeal, Instant Irish Oatmeal
Hodgson's Mill: Oat Bran Hot Cereal, Cracked Wheat, Multi-Grain, Bulgur Wheat
Quaker Old Fashioned Oats
Quaker Instant Oatmeal Packet: Plain
Bob's Flaxseed Meal

CANNED GOODS, RICE, BEANS, PASTA

Soup

Progresso Hearty Black Bean Soup*
Progresso Green Split Pea Soup*
Progresso Lite Soups*
Amy's Organic Soups* — Lentil, Vegetable, Split Pea, Black Bean

Canned Goods

StarKist Chunk Lite Tuna in Water
Chicken of the Sea Pink Salmon
StarKist Yellowfin Tuna Fillets (Pouches)
Hormel Breast of Chicken in Water
Blue Runner Creole Cream-Style Red Beans
Blue Runner Creole Cream-Style Navy Beans
Blue Runner New Orleans Spicy Cream-Style Red Beans
Trappey's Kidney Beans, Butter Beans, Pinto Beans, Black-Eyed Peas, Field Peas, Black Beans
V. Allen's Turnip Greens
V. Allen's Popeye Spinach
Zapata All Natural Refried Beans
Libby's 100% Pure Pumpkin



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Rice, Dried Beans, Pasta, Grains

Brown Rice: All Brands
Dried Beans (Pinto, Kidney, Navy, Lima, Black-Eyed, etc.)
Hodgson Mill Whole Wheat Whole Grain Pasta
Heartland 100% Whole Wheat Spaghetti
Barilla Plus Spaghetti & Penne Pasta
Gia Russa: Whole Wheat Lasagna, Whole Wheat Angel Hair Pasta, Whole Wheat Rigatoni, Whole Wheat Penne Rigate
Hodgson Mill: Whole Wheat Shell Pasta, Whole Wheat Fettuccine, Whole Wheat Spaghetti, Whole Wheat Spinach Spaghetti, Whole Wheat Angel Hair
DeBoles: Whole Wheat Pasta, Whole Wheat Angel Hair
Sal & Judy's All Natural Heart Smart Pasta Sauce: Original, Roasted Garlic, Chunky

FROZEN FOODS

All Frozen Non-Starchy Vegetables – Plain, Seasoned, and/or with Low Fat Butter Sauce.
Morning Star Grillers Original Burger
Morning Star Garden Veggie Burger
Morning Star Sausage - Links or Patties
Morning Star Farms Meal Starters Crumbles
Morning Star Farms Italian Sausage
Morning Star Farms Bacon Strips
Boca All American Flame Grilled Meatless Burger
Smart Ones, Homestyle Beef Pot Roast
Smart Ones, Chicken Santa Fe
Smart Ones (Breakfast), Ham & Cheese Scramble
Smart Ones (Breakfast), Cheesy Scramble with Hashbrowns
Smart Ones (Breakfast), Canadian-Style Bacon English Muffin Sandwich
Smart Ones, Chicken Marsala with Broccoli
Cedarlane Egg White Omelets
Healthy Choice Café Steamers - Grilled Whiskey Steak, Roasted Beef Merlot
Lean Cuisine - Roasted Garlic Chicken
All Kashi Frozen Meals
DeWafelbakkers Buckwheat Berry Flax Seed Pancakes
Food for Life Bread: All Varieties
Kashi Go-Lean Waffles — Plain
Edamame

BREAD

Nature's Own 100% Whole Wheat Bread
Pepperidge Farm Whole Grain English Muffin (100% Whole Wheat)
Thomas' Hearty Whole Wheat Mini-Bagel
Thomas' Hearty Grains 100% Whole Wheat English Muffin
Thomas' 100% Whole Wheat English Muffins
Thomas' 100% Whole Wheat Bagel Thins
La Tortilla Tortillas – Smart & Delicious; 50 or 80 Calorie
La Banderita Tortillas Low Carb

Flat Out Light Wraps: all Varieties/Flavors
Oroweat Sandwich Thins 100% Whole Wheat
Oroweat Whole Grain 100% Whole Wheat Hamburger Buns
Oroweat 100% Whole Wheat English Muffins
Sara Lee 100% Whole Wheat
100% Whole Wheat or Whole Grain Sandwich Thins/Sandwich Flats
Kontos Whole Wheat Pocket Pita
Toufayan Whole Wheat Pita

ICE CREAM, FROZEN YOGURT, BARS

Breyers Double Churn FREE Ice Cream
Kemp's Fat Free Frozen Yogurt
Klondike Slim-a-Bear 100 Calorie Sandwiches
The Skinny Cow Bars
No Sugar Added Fudgsicles
Sugar Free Popsicles
Blue Bunny 100 Calorie Ice Cream Bars: All Flavors
Blue Bell Pre-Portioned Ice Cream Cups
Mr. Edy's Slow Churned, No Sugar Added Ice Cream

DAIRY/DAIRY SUBSTITUTES

1% Low Fat Milk
Fat Free Skim Milk
Silk Soy Milk Natural
Silk Vanilla Light Soy Milk
8th Continent Light Soy Milk — Original, Chocolate or Vanilla
Westsoy Plain Soy Milk
Nestle Coffee-Mate (liquid): SF French Vanilla, SF Hazelnut, SF Vanilla Caramel
Land-O-Lake Lowfat Half & Half
Plain Greek Yogurt: 0% or 2% (Chobani, Fage, Dannon, Yoplait, Oikos)
Activia Yogurt
Breakstone's Cottage Cheese – Low Fat or Fat Free
Light-n-Lively Cottage Cheese – Low Fat or Fat Free
Breakstone's Live Active Cottage Cheese
Lactaid Cottage Cheese, 1% Milk Fat
Sargento Light Ricotta Cheese
Kraft Deli Deluxe, 2% Milk Cheese
Sargento Reduced Fat Cheese Slices or Shredded
Cracker Barrel 2% Milk Cracker Cut Cheese
Borden Reduced Fat Shredded Cheddar and Monterey Jack Cheese
Borden 2% Cheese Singles: All Flavors
Laughing Cow Cheese Wedges: Original Creamy Swiss
Laughing Cow Cheese Light Wedges: All Varieties
Babybell Light Cheese
Kraft String-Ums, Mozzarella String Cheese
Kraft Philadelphia Fat Free Cream Cheese
Athena Reduced Fat Feta Cheese
Cabot Cheese – 50% Reduced Fat



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BAKING

Aunt Jemimah Whole Wheat Blend Pancake and Waffle Mix
Quaker Oatmeal Pancake Mix
Sugar Free Syrup (Any Brand)
Gold Medal Whole Wheat Flour
Hodgson Mill Insta-Bake Whole Wheat Baking Mix
Hodgson Mill Milled Flax Seed
Hodgson Mill Wheatgerm
Mazola Canola Oil
Fruittato Colavita Extra Virgin Olive Oil First Cold Pressed
Ballino First Cold Pressed Extra Virgin Olive Oil
PET Fat Free Evaporated Skimmed Milk
Nestle Carnation Evaporated Fat Free Milk
Truvia
Sweet Leaf Sweetener
Splenda
Swerve
Sun Crystal

BEVERAGES

Water
Vitamin Water ZERO
Crystal Light & Crystal Light PURE – All Flavors
Honest Tea: Just Green Tea, Unsweetened
Arizona Diet Green Tea
Fuze Slenderize
Perrier, Flavored Perrier
Steaz – Zero-Sugar, All-Natural, Sparkling Tea
Zevia – Stevia-Sweetened Soft Drink
Metromint Water
V8 100% Vegetable Juice
Nestle Hot Chocolate Fat Free with Calcium
Nestle Hot Chocolate Mix, No Sugar Added
Any Diet Soft Drinks
Sprite Zero, Coke Zero
Powerade Zero
Propel

ALCOHOL

Beck's Premier Light – 64 Calorie Beer
Miller Genuine Draft – 64 Calorie Beer
Bud Select – 55 Calorie Beer
Red or White Wine – All Varieties



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