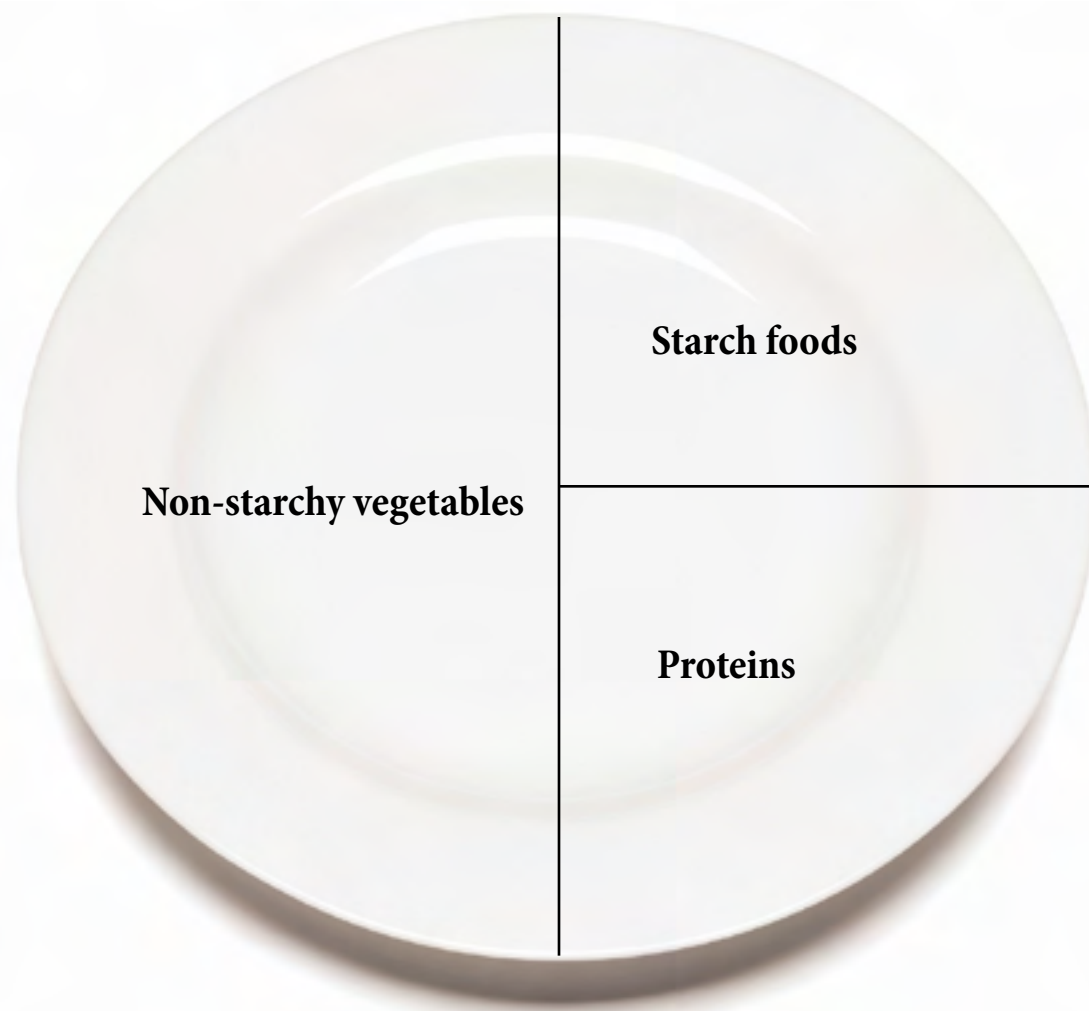


Establish Your Meal Plan: The Diabetic Plate



Non-starchy foods

Spinach, carrots, lettuce, turnips, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, okra, onions

Starchy foods

Oatmeal, whole grains, high fiber cereal, black-eyed peas, corn, lima beans, sweet potatoes, winter squash

Proteins

Clean-cut chicken, turkey, tuna, salmon, beef, pork, shrimp, clams, oysters, mussels, tofu



Top 10 Diabetic Foods

- 1. Green Leafy Vegetables**
(e.g. spinach, collards, kale)



- 2. Fruits (Vitamin C enriched)**
(e.g. oranges, lemons, lime, grapefruit)



- 3. Sweet Potatoes**



- 4. Beans**



- 5. Berries**



- 6. Tomatoes**



- 7. Fresh cooked fish**



- 8. Whole Grains**



- 9. Walnuts**



- 10. Fat-free Milk & Light Yogurt**

