### Vegetables to choose in abundance (low in carbohydrates, high in fiber):
Alfalfa, artichoke, arugula (rocket) asparagus, avocado, bean sprouts, beet greens, bell pepper (capsicum), bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chicory, chives, choy sum, collard greens, cucumber, dandelion greens, daikon, eggplant (aubergine), endive, fennel, green beans, green onions, mushrooms, mustard greens, kale, kohlrabi, leeks, lettuce, okra, pak choi, radish, radicchio, rhubarb, scallions (spring onions), seaweeds, silverbeet, shallot, spinach, sugar snap peas (snow peas), Swiss chard, tomatoes, turnip greens, watercress, yellow summer squash, zucchini (courgettes).

### Fresh and dried herbs and spices (very low in carbohydrates):
Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander/cilantro, lemongrass, ginger, garlic, galangal, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chillies, garam masala, cajun, five spice, and so forth.

### Protein sources (low in carbohydrates):
Eggs, cheese (cheddar, ricotta, feta, cottage etc), nuts and nut butters (peanut butter, almonds, walnuts, hazelnuts etc), seeds (pumpkin, sesame, sunflower, chia etc), whey protein, bee pollen, tempeh, tofu, natto, textured vegetable protein (TVP), edamame (young soybeans - 1/2 cup), sprouted beans and legumes.

### Health fats (zero/low carbohydrates):
Healthy vegetable oils (olive, hazelnut, avocado, sesame, macadamia, high oleic sunflower, coconut, and almond oils), avocado, olives (green, black, or kalamata), nuts and seeds (macadamia nuts, almonds, hazelnuts, pecans, coconut, Brazil nuts, cashews, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds, flax seeds, or nut butters: peanut or almond butter, tahini etc).

### Dairy products (low in carbohydrates):
Cottage cheese, cheddar, feta, ricotta, haloumi, cream cheese, cream, sour cream, milk, plain yogurt.

### Fruits to eat in small moderated portions (low/moderate in carbohydrates):
Apricot (1), berries (1/2 cup) including strawberry, blueberry, raspberry, blackberry, cherries, cranberries (raw); cantaloupe/rockmelon (1/2 cup), clementine/mandarin (1), grapefruit (1/2 cup), guava (1), kiwifruit (1), lemon, lime, papaya (1/4 cup), passionfruit (1), peach (1), plum (1). Portions indicate maximum per serve. Only eat one portion per sitting and always eat fruit with a source of protein or fat.

### Sauces and condiments (lowest in carbohydrates):
Mayonnaise, aioli, soy sauce, pesto, guacamole, tomato paste, canned tomatoes, salsa, thousand island dressing, ranch dip, mustard, hollandaise sauce, bearnaise sauce, vinegars, vinaigrette, salad dressing, hot sauce.

### Sugar substitutes:
stevia, erythritol, tagatose, xylitol, monk fruit, vanilla extract, carob, coconut, fruits listed above. Where possible, avoid artificial sweeteners: aspartame, acesulfame potassium, saccharin, sucralose.
Vegetables to eat in moderation (moderate in carbohydrates): Carrots, pumpkin, onions, winter squash, beets, turnip, celeriac, green peas, rutabaga/swede.

Beans and legumes in small 1/4 cup portions (moderate to high in carbs): edamame (lowest in carbs, can eat up to 1/2 cup), lentils, chickpeas, kidney beans, adzuki beans, borlotti beans, mung beans, and so forth. NOTE: Some people cannot tolerate any beans and legumes. Sprouted beans and legumes are lower in carbs.

AVOID HIGH CARBOHYDRATE FOODS AND PROCESSED FOODS

<table>
<thead>
<tr>
<th>High carb vegetables:</th>
<th>potatoes, sweet potatoes, yams, plantain, corn, turnips, kumara.</th>
</tr>
</thead>
<tbody>
<tr>
<td>High carb fruits:</td>
<td>banana, apple, orange, watermelon, pear, pineapple, nectarine, pomegranate, mango, grapes, dried fruit of all kinds.</td>
</tr>
<tr>
<td>Carb-heavy flour-based foods:</td>
<td>bread, pasta, crackers, noodles, snack foods, cakes, muffins, pies, pastries, pizza, breaded and battered foods, breakfast cereals, bagels.</td>
</tr>
<tr>
<td>Carb-heavy meal bases:</td>
<td>rice, pasta, bread, couscous, noodles, oats/ oatmeal, quinoa, barley.</td>
</tr>
<tr>
<td>Carb-heavy snack foods:</td>
<td>crisps, chips, popcorn, crackers, muesli bars, snack bars, pretzels, rice cakes, granola bars, donuts, and so forth.</td>
</tr>
<tr>
<td>Sugar-filled foods:</td>
<td>ice cream, sauces and condiments, cakes, cookies, candy, jams, jellies, chocolate, nutella, honey, molasses, maple syrup, agave, coconut sugar, dried fruit of all kind.</td>
</tr>
<tr>
<td>High carb beverages:</td>
<td>soda/soft drinks, fruit juice, energy drinks, sports drinks, colored waters, vitamin waters, milkshakes.</td>
</tr>
</tbody>
</table>

EXAMPLE DAILY MENU

- **Breakfast:** Scrambled eggs with spinach, mushrooms, tomato and cheese
- **Lunch:** Cauliflower “potato” salad
- **Dinner:** Cheesy vegetable bake
- **Snacks:** Nuts and seeds, guacamole with veggie sticks, berries and yogurt, protein balls
- **Sweets:** Peanut chocolate fudge, coconut macaroons, raspberry cream pie

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