# Type 2 Diabetes Grocery List

## Vegetables
- Avocado
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Green, red, orange peppers
- Kale
- Leeks
- Mushrooms
- Okra
- Pea pods
- Romaine lettuce
- Salad greens
- Spaghetti squash
- Spinach
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnips
- Winter squash (acorn, butternut, kabota)
- Zucchini

## Fresh Herbs
- Basil
- Cilantro
- Dill
- Garlic
- Ginger
- Onions
- Rosemary
- Thyme

## Fruit
- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Honeydew melon
- Lemons
- Limes
- Nectarines
- Oranges
- Peaches
- Pears
- Raspberries
- Strawberries
- Watermelon

## Meat, Poultry and Seafood
- Bacon (with no added sugar)
- Beef roast
- Beef steak
- Beef, lean ground
- Chicken breast
- Fresh deli meats such as roast beef, turkey breast, chicken breast, ham
- Pork chops
- Pork loin
- Pork, ground
- Rotisserie chicken
- Salmon
- Sausage (with no added sugar)
- Tilapia
- Tuna
- Whole chicken

## Condiments
- Balsamic vinegar
- Extra-virgin olive oil
- Fish sauce
- Olives
- Pickles (look for varieties with no sugar, fresh fermented)
- Red Wine Vinegar
- Reduced sodium soy sauce
- Rice vinegar
- Sesame oil
- White vinegar
- Yellow mustard

## Drinks
- Black tea
- Club soda
- Coconut water
- Coffee
- Green tea
- Herbal tea
- Mineral water
- Sparkling water
- Unsweetened teas

## Cereals
- Rolled oats
- Steel cut oats

## Rice, Beans, Pasta and Grains
- Black beans
- Brown rice
- Chickpeas
- Kidney beans
- Lentils
- Millet
- Navy beans
- Pinto beans
- Quinoa
- Whole grain barley
- Whole grain pasta
- Wild rice

## Canned Goods
- Canned beef broth (low sodium, no added sugar)
- Canned chicken broth (low sodium, no added sugar)
- Canned coconut milk
- Canned pumpkin
- Canned salmon
- Canned tuna

## Snacks
- Almonds
- Edamame
- Hummus and falafel
- Pumpkin seeds
- Salsa
- Soy nuts
- Sunflower seeds
- Unflavored popcorn
- Walnuts

## Baking
- Chia seeds
- Cocoa
- Coconut (unsweetened flakes or shredded)
- Corn meal
- Flax seeds
- Oat flour
- Whole wheat flour

## Spices
- Allspice
- Basil
- Bay leaves
- Black pepper
- Cayenne pepper
- Chili powder
- Cilantro
- Cinnamon
- Cumin
- Dill
- Garlic
- Ginger
- Lemongrass
- Nutmeg
- Oregano
- Rosemary
- Sea Salt
- Thyme
- Turmeric
- Yellow curry

## Frozen Food
- Frozen fruit
- Frozen meat (plain with no sauces that contain sugar)
- Frozen vegetables

## Dairy and Eggs
- Cottage cheese
- Eggs
- Plain yogurt
- Unsweetened Greek yogurt

## REFERENCES
- American Diabetes Association: Non-starchy Vegetables
- American Diabetes Association: Grains and Starchy Vegetables
- American Diabetes Association: What Can I Drink?