What to Eat When You Have Diabetes

Managing diabetes day-to-day is full of choices. What you choose to eat is up to you! What you eat can help keep your blood sugar levels under control and lower your risk of disease. Make healthy choices by following these suggestions. Also see 5 Tips to Manage Diabetes handout.

### Non-starchy Vegetables*

- Spinach, celery, broccoli, asparagus, green beans, cauliflower, carrots, cabbage, kale, mushrooms, lettuce, peppers, brussel sprouts

**One serving = 1 cup raw**

Or = ½ cup cooked

### Healthy Fats*

- Extra virgin olive oil, avocados, nut butters (peanut, almond, etc.), nuts (almonds, walnuts, hazelnuts, Brazil nuts, pistachios), and seeds (sunflower, pumpkin, sesame, chia)

**One serving of healthy fats is one of these:**

- 1 ounce of nuts = ¼ cup = small handful
- 1 Tbsp. of plant-based oil =
- 2 Tbsp. of nut butter =

### Fish, Poultry, & Meat*

- Baked or grilled salmon, tilapia, sardines, trout, poultry (chicken and turkey), lean ground beef, eggs

**One serving of animal-based protein:**

3 ounces = deck of cards

### Whole Grains**

- Whole oats, whole grain barley, quinoa, millet, brown rice, amaranth, bulgur (cracked wheat), whole grain breads, cereals, pastas

**Whole grains:**

- = ½ cup cooked whole grains
- = 1 6-inch tortilla
- = 1 slice whole wheat/grain bread

### Beans & Legumes**

- Peas, beans, legumes (like lentils, chickpeas), tofu, soybeans

**One serving = ½ cup cooked**

### Starchy Vegetables**

- Sweet potatoes, pumpkin, winter squash (acorn, butternut, etc.), parsnip, plantain, green peas, corn

**One serving = ½ cup cooked**

### Fruits**

- Strawberries, blueberries, raspberries, blackberries, apples (small), pears, peaches

**One serving = ½ cup chopped**

2 Tbsp. for dried fruit =

Limit fruits to 2-3 servings a day.

### Dairy Options & Substitutes**

- Plain, unflavored yogurt/greek yogurt; 1% milk; unsweetened soy, almond, or hemp milk; cheese (mozzarella, cheddar, etc.)

**One serving of dairy:**

- 8 ounces of milk = 1 cup
- 6 ounces of yogurt = ¼ cup
- 1 ounce of cheese = size of your entire thumb

### Footnotes

* These foods have no or minimal carbs and do not raise blood sugar.

** These foods contain carbohydrates and turn into sugar. Limit these foods to 3 servings/meal and 1 serving/snack.

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**References:**

- Diabetes Care 2011; 34:14.

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