Diabetic Friendly Food Chart: Simple 42-Food Printable PDF

Free printable. Full guide and tips: https://betterlifecarez.com/diabetic-friendly-food-chart/

Diabetic Friendly Food Chart: 42 Everyday Foods

Legend: values are approx. per serving, rounded, from USDA FoodData Central. g = grams. Best picks come first. About 15 g of carbs counts as one carb choice.

Build Your Plate

- **Half the plate:** non-starchy vegetables (Table 1)
- **One quarter:** lean protein (Table 2)
- **One quarter:** beans, whole grains or starchy vegetables (Table 3)
- **On the side:** water or an unsweetened drink, fruit as dessert

A 9-inch (about 23 cm) dinner plate makes a handy guide.

Table 1: Non-Starchy Vegetables (Fill Half Your Plate)

Food	Serving	Carbs (g)	Fiber (g)	Protein (g)
Spinach, raw	2 cups	2	1	2
Mushrooms, raw	1 cup sliced	2	1	2
Zucchini, raw	1 cup sliced	4	1	1
Cucumber	1 cup sliced	4	1	1
Cauliflower, raw	1 cup chopped	5	2	2
Green beans, cooked	1/2 cup	5	2	1
Tomato	1 medium	5	1	1
Broccoli, cooked	1/2 cup	6	3	2
Brussels sprouts, cooked	1/2 cup	6	2	2
Red bell pepper	1 cup chopped	9	3	1

Table 2: Lean Proteins (One Quarter of Your Plate)

Food	Serving	Carbs (g)	Fiber (g)	Protein (g)
Chicken breast, skinless, cooked	3 oz	0	0	26
Salmon, cooked	3 oz	0	0	22
Shrimp, cooked	3 oz	0	0	20
Tuna, canned in water	3 oz	0	0	20
Greek yogurt, plain nonfat	6 oz	6	0	17
Cottage cheese, 2%	1/2 cup	4	0	12
Tofu, firm	3 oz	3	1	10
Soy milk, unsweetened	1 cup	4	1	7
Egg	1 large	0	0	6

Yogurt and tofu numbers vary by brand, so check the label.

Table 3: Beans, Whole Grains and Starchy Vegetables

These are your main carb sources, so portion size matters most here. Sorted by fiber, highest first.

Food	Serving	Carbs (g)	Fiber (g)	Protein (g)
Lentils, cooked	1/2 cup	20	8	9
Black beans, cooked	1/2 cup	20	8	8
Chickpeas, cooked	1/2 cup	22	6	7
Rolled oats	1/2 cup dry	27	4	5
Sweet potato, baked in skin	1 medium	24	4	2
Barley, pearled, cooked	1/2 cup	22	3	2
Quinoa, cooked	1/2 cup	20	3	4
Whole wheat bread	1 slice	14	2	4
Brown rice, cooked	1/2 cup	23	2	3

Table 4: Fruits (Sorted by Fiber)

Food	Serving	Carbs (g)	Fiber (g)	Protein (g)
Raspberries	1 cup	15	8	1
Blackberries	1 cup	14	8	2
Apple	1 small	21	4	0
Strawberries	1 cup halves	12	3	1
Orange	1 medium	15	3	1
Blueberries	3/4 cup	16	3	1
Kiwi	1 medium	10	2	1

Table 5: Nuts, Seeds and Healthy Fats

Food	Serving	Carbs (g)	Fiber (g)	Protein (g)
Chia seeds	1 tbsp	5	4	2
Almonds	1 oz (about 23)	6	4	6
Avocado	1/3 medium	4	3	1
Ground flaxseed	1 tbsp	2	2	1
Walnuts	1 oz (about 14 halves)	4	2	4
Peanut butter, natural	2 tbsp	7	2	7
Olive oil	1 tbsp	0	0	0

Table 6: Six Easy Swaps

Instead of	Try	Why it helps
Regular soda	Sparkling water with lemon	No added sugar
Fruit juice	A whole orange	Fiber slows the sugar rise
Sweetened yogurt	Plain Greek yogurt plus berries	Less added sugar, more protein
White bread	100% whole wheat bread	More fiber per slice
Potato chips	1 oz almonds	Fiber and protein
Big bowl of white rice	Half brown rice, half cauliflower	Fewer carbs, more fiber