

Diabetic Diet Checklist

A blood-sugar-friendly eating checklist covering carb awareness, fiber, portion sizes and balanced plates.

Build a Balanced Plate

- Fill half your plate with non-starchy vegetables
- Add a portion of lean protein (about a quarter of the plate)
- Include a controlled portion of carbs (about a quarter of the plate)
- Add a small amount of healthy fat such as olive oil or avocado
- Pair carbs with protein, fat and fiber
 - This can slow how quickly blood sugar rises after a meal.
- Eat meals at fairly regular times each day

Be Carb Aware

- Notice the carb-containing foods at each meal (grains, fruit, starchy veg, dairy, sweets)
- Choose whole, less refined carbs over white bread, rice and pastries
- Keep carb portions consistent from day to day
- Check labels for total carbohydrate, not just sugar
 - Total carbs affect blood glucose, including starches.
- Spread carbs across meals rather than loading them into one

Choose More Fiber

- Eat plenty of non-starchy vegetables at meals
- Include beans, lentils or chickpeas regularly
- Pick whole grains like oats, brown rice or barley
- Choose whole fruit over juice for the fiber
- Add nuts and seeds in small portions
 - Fiber supports fullness and steadier blood sugar.

Limit Added Sugar & Refined Carbs

- Swap sugary drinks for water or unsweetened options
- Keep sweets, pastries and candy as occasional treats
- Limit white bread, white rice and refined cereals
- Watch for hidden sugar in sauces, dressings and snacks
- Choose plain yogurt and add fruit instead of pre-sweetened
 - Sweetened products can add several teaspoons of sugar.

Smart Daily Habits

- Watch portion sizes using a smaller plate or measuring at first
- Stay hydrated with water through the day
- Plan meals and snacks ahead to avoid impulsive choices
- Limit alcohol and never drink on an empty stomach
- Pair eating habits with regular physical activity
 - Activity can help your body use glucose more effectively.

Work With Your Care Team

- Confirm your carb goals and blood-sugar targets with your provider

- Ask how meal timing fits with any medication or insulin
- Monitor blood sugar as advised and note how foods affect you
- Use this printable checklist as a starting point to discuss
- Important: this is general information, not medical or dietary advice

Diabetes is a medical condition — consult your doctor or a registered dietitian for a personalized plan.