

vegan (diabetic friendly)

who people who are insulin resistant and want to follow plant based approach for ethical or religious reasons

how lower insulin load plant based foods

vegetables

- alfalfa
- endive
- chicory greens
- escarole
- broccoli
- coriander
- beet greens
- zucchini
- collards
- eggplant
- mustard greens
- banana pepper
- jalapeno peppers
- turnip greens
- spinach
- pickles
- sauerkraut
- edamame
- cucumber
- red peppers
- asparagus
- chayote
- radishes
- summer squash
- parsley
- chives
- lettuce
- chard
- arugula
- cauliflower
- okra

spices

- curry powder
- poppy seeds
- paprika
- mustard seed
- sage
- caraway seed
- nutmeg
- mace
- marjoram
- cloves
- thyme
- pepper
- cinnamon
- basil
- cumin
- dill seed
- bay leaf
- pepper
- turmeric
- coriander

fruits

- olives
- avocado
- blackberries
- raspberries
- strawberries
- apples
- gooseberries
- rhubarb
- boysenberries
- passionfruit
- carambola
- kiwifruit

legumes

- peanut butter
- peanuts
- tofu
- natto
- soybeans
- hummus
- Miso
- lupin seeds
- garbanzo beans
- broad beans
- navy beans
- lentils

nuts and seeds

- macadamia nuts
- brazil nuts
- pecans
- sesame seeds
- coconut milk
- coconut cream
- flax seed
- hazelnuts
- coconut meat
- sunflower seeds
- pine nuts
- walnuts
- almonds
- almond butter
- pumpkin seeds
- butternuts
- sesame butter
- pistachio nuts
- cashews
- coconut
- ginkgo nuts