

diabetes friendly plant based foods

These foods represent the most nutrient dense plant based foods that will not significantly elevate blood sugar and insulin. Several the harder to find nutrients been emphasised (i.e. omega 3 fatty acids, vitamin B-12, choline, selenium & zinc) while also prioritising foods with a lower insulin load.

vegetables

- alfalfa
- endive
- chicory greens
- escarole
- coriander
- beet greens
- eggplant
- collards
- banana pepper
- mustard greens
- jalapeno peppers
- zucchini
- sauerkraut
- pickles
- cucumber
- edamame
- chayote
- red peppers
- turnip greens
- radishes
- summer squash
- spinach
- arugula
- parsley
- asparagus
- chives
- soybeans (sprouted)
- lettuce
- cauliflower
- okra
- chard
- Brussel sprouts
- celery
- artichokes
- turnips
- portabella mushrooms
- Chinese cabbage
- shiitake mushroom
- cabbage
- red cabbage

- rhubarb
- snap beans
- yeast extract spread
- kale
- watercress
- turnips
- white mushroom
- peas
- carrots
- onions
- spirulina
- radicchio
- beets
- sweet corn
- mung beans

fruits

- olives
- avocado
- blackberries
- raspberries
- strawberries
- passionfruit
- boysenberries
- kiwifruit
- blueberries
- cherries

spices

- curry powder
- poppy seeds
- nutmeg
- paprika
- mustard seed
- caraway seed
- sage
- mace
- marjoram
- thyme

nuts & seeds

- macadamia nuts
- pecans

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

legumes

- peanuts
- peanut butter
- tofu
- natto
- hummus
- miso
- lupin seeds
- broad beans
- navy beans
- peas
- lentils
- chick peas
- garbanzo beans
- black beans

fats and oils

- coconut oil
- walnut oil
- soy oil
- palm kernel oil
- peanut oil
- soybean oil
- grapeseed oil