

Diabetes Food List

Category	Food Item	Calories	Carbs (PER 100G)	Protein (PER 100G)	Fat (PER 100G)	Additional Benefits
Grains	Barley	123	28g	3.6g	0.4g	High in vitamins and minerals
	Brown Rice	111	23g	2.6g	0.9g	Rich in fiber
	Bulgur	83	18g	3g	0.2g	Good source of fiber
	Millet	378	73g	11g	4g	Gluten-free alternative
	Oats	389	66g	17g	7g	Lowers cholesterol levels
	Quinoa	120	21g	4g	2g	Complete protein source
	Whole Wheat Bread	247	49g	8.6g	1.7g	High in fiber
Vegetables	Asparagus	20	4g	2.2g	0.2g	Low in calories, high in nutrients
	Bell Peppers	31	6g	1.3g	0.3g	Rich in vitamin C
	Broccoli	34	6.6g	2.8g	0.4g	High in fiber and antioxidants
	Brussels Sprouts	43	8g	3.4g	0.3g	High in fiber and vitamin K
	Carrots	41	10g	0.9g	0.2g	Good source of beta-carotene
	Cauliflower	25	5g	1.9g	0.3g	Low in calories, high in nutrients
	Kale	35	5g	2g	0.5g	Rich in vitamins A, C, and K
	Spinach	23	3.6g	2.9g	0.4g	Rich in iron and vitamins
	Sweet Potatoes	86	20g	1.6g	0.1g	Rich in beta-carotene
	Tomatoes	18	3.9g	0.9g	0.2g	Rich in antioxidants
Zucchini	17	3.1g	1.2g	0.3g	Low in calories, high in nutrients	
Fruits	Apples	52	14g	0.3g	0.2g	High in fiber and vitamin C
	Bananas	89	23g	1.1g	0.3g	Source of potassium
	Berries	57	14g	1g	0.3g	Antioxidant-rich
	Grapes	69	18g	0.7g	0.2g	Rich in antioxidants
	Kiwi	61	15g	1.1g	0.5g	High in vitamin C and fiber
	Oranges	43	9g	0.9g	0.1g	High in vitamin C
	Pineapple	50	13g	0.5g	0.1g	Rich in vitamin C and manganese
Proteins	Almonds	579	21g	21g	49g	Healthy fats and vitamin E
	Chicken Breast	165	0g	31g	3.6g	Low in fat, high in B vitamins
	Cottage Cheese	220	3.4g	11g	4.3g	High in casein protein, aids muscle recovery
	Greek Yogurt	150	3.6g	10g	0.4g	Probiotics, calcium, and gut health
	Lentils	116	20g	9g	0.4g	High in fiber and protein
	Salmon	206	0g	25g	10.5g	Omega-3 fatty acids for heart health
	Tofu	76	1.9g	8g	4.8g	Plant-based protein source
Legumes	Black Beans	341	63g	21g	1.4g	Rich in fiber and protein
	Chickpeas	164	27g	8.9g	2.6g	Good source of fiber and protein
	Green Peas	81	14g	5g	0.4g	Good source of vitamin K
	Kidney Beans	127	23g	9g	0.5g	Rich in antioxidants
	Lentils	353	63g	25g	1.1g	High in iron and folate
	Pinto Beans	143	26g	9g	0.7g	Good source of protein and fiber