

Diabetes Dominator Coaching - Healthy and Unhealthy Food Guide

Diabetes Dominator Coaching - Healthy Foods List

Make as many of these organic and non-GMO as possible

Make sure you take into account any allergies you or your family may have

*Links provided on some of the items that I use for your convenience.

All Herbs

All Fresh/Frozen Vegetables

All Fresh/Frozen Fruits

Avocados/Guacamole

Hummus

[Beans \(low sodium\)](#)

Amy's Organic Re-fried Beans (low sodium)

Coconut Oil/Coconut Butter/[Native Forest Organic Coconut Milk](#)

Unsweetened Coconut, Almond, Flax, Cashew, Hemp Milks

Pastured/Organic Eggs

All Wild Caught Fish and Shellfish

[Ghee \(Clarified Butter\)](#)

[Chia Seeds](#)

[Flax Seeds](#)

Steel-Cut or Rolled Oats (not instant)

Cold Pressed Olive, Grape Seed, Avocado, Almond, Walnut Oils

[Mary's Gone Crackers brand Crackers](#)

Miracle Noodle Brand Pasta (Soy Noodles)

Spaghetti Squash & Zucchini Noodles

Canned Sardines & Tuna

Low Sugar Tomato Sauce like Organicville or L.E. Roselli

Organic/Grass-Fed Beef, Chicken, Turkey, Lamb, Pork

Raw or Dry Roasted, Unsalted Nuts & Seeds and Nut & Seed Butters

[Quinoa](#) (mind the serving size)

Sashimi and Sushi without Rice (wrapped in seaweed or cucumber without sugary sauces)

Unsweetened Cocoa Powder + Cacao Nibs

[Coconut & Almond Flours](#)

Yams/Sweet Potatoes

[Stevia](#) and [Xylitol](#)

[Optimum Nutrition Gold Standard](#) or [MRM Whey](#) Protein Powder

[Vega One](#) or [MRM](#) Veggie Protein Powder

Ezekiel Bread

[Explore Cuisine Pastas](#)

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Diabetes Dominator Coaching - Unhealthy Foods List

Alcohol	Juice (unless freshly squeezed)
All Fried Foods	Soda (Regular and Diet)
Artificial Sweeteners and Ingredients/Splenda/Sweet & Low/Equal/Aspartame	High Fructose Corn Syrup
Traditional Processed Breads	Partially or Fully Hydrogenated Oils
Brown Rice Syrup	MSG: Monosodium Glutamate
Candy, Regular and "Sugar Free"	Traditional Pancakes & Waffles
Canola, Corn, Vegetable Oils	Table Sugar
Cookies/Cakes	Trans Fats
Traditional Processed Cereals	Traditional Pasta
Corn Syrup (all variations)	White Rice
Traditional Chips/Pretzels/Crackers	Sugar-Free Candy/Cookies/Cakes
Evaporated Cane Juice	Majority of Traditional Fast Food
Genetically Modified Foods (GMOs)	Sweetened Coffee Creamers
White Flour	Traditionally Processed Meats, including lunch meat
Bagels	Traditional Salad Dressings
Muffins	Traditional Frozen Meals
Doughnuts	Energy Drinks
	Traditional Sauces, such as BBQ