

Diabetes Dominator Healthy and Unhealthy Food Guide

Diabetes Dominator 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

[Coconut & Almond Flours](#)

Yams/Sweet Potatoes

[Stevia](#)/Xylitol/Erythritol

[Shakeology brand Shakes](#)

Optimum Nutrition Gold Standard or MRM Whey Protein Powder

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

Ezekiel Bread (pay attention to serving size)

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Diabetes Dominator Unhealthy Foods List

Agave Nectar	Juice (unless you squeeze/juice it yourself or it is freshly made for you)
Alcohol	Soda (Regular and Diet)
All Fried Foods	High Fructose Corn Syrup
Artificial Sweeteners and Ingredients/Splenda/Sweet & Low/Equal/Aspartame	Partially or Fully Hydrogenated Oils
Traditional Breads	MSG: Monosodium Glutamate
Brown Rice Syrup	Traditional Pancakes & Waffles
Candy, Regular and "Sugar Free"	Table Sugar
Canola, Corn, Vegetable Oils	Corn or Flour Tortillas, Taco Shells
Cookies/Cakes	Trans Fats
Cereal	Regular or Whole Wheat Pasta
Corn Syrup (all variations)	White Rice
Chips/Pretzels/Crackers	Sugar-Free Candy/Cookies/Cakes
Cream Sauces	
Dairy/Milk/Cheese	
Evaporated Cane Juice	
Genetically Modified Foods (GMOs)	
White/Wheat Flour	
Bagels, Muffins, Doughnuts	