

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

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 without added high-fructose corn syrup or palm oil

[Quinoa](#)

Unsweetened Cocoa Powder + Cacao Nibs

[Coconut & Almond Flours](#)

Yams/Sweet Potatoes

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

Ezekiel Bread

[Explore Cuisine Pastas](#)

Banza Pasta

SO MANY MORE!!!

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Diabetes Dominator Coaching - Unhealthy Foods List

Alcohol	Juice (unless freshly squeezed)
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
Canola, Corn, Vegetable Oils	Traditional Pancakes & Waffles
Cookies/Cakes	Table Sugar
Traditional Processed Cereals	Trans Fats
Corn Syrup (all variations)	Traditional Pasta
Traditional Chips/Pretzels/Crackers	White Rice
Evaporated Cane Juice	Sugar-Free Candy/Cookies/Cakes
Genetically Modified Corn, Soy, Beets	Majority of Traditional Fast Food
White Flour	Sweetened Coffee Creamers
Bagels	Processed Meats, including lunch meat
Muffins	Traditional Frozen Meals (Stouffer's, et al)
Doughnuts	Energy Drinks
	Traditionally Prepared Sauces, such as BBQ

There are healthier ingredient options for almost ALL unhealthy foods – you just have to be willing to look and experiment!