

What Can I Eat?



Are you constantly asking yourself, "What can I eat?" It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived. We'll help you learn to balance your meals and make the healthiest food choices.

Once you get the hang of eating a healthy diet, you can relax and dig in to a wide variety of delicious meals and snacks.

A great way to get started is with the special meal planning bundle available at [shopdiabetes.org \(http://www.shopdiabetes.org/meal-planning-preparation-made-easy.aspx?loc=whatcanieat&source=dorgwhatcanieat\)](http://www.shopdiabetes.org/meal-planning-preparation-made-easy.aspx?loc=whatcanieat&source=dorgwhatcanieat) .



(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/>)

Making Healthy Food Choices

(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/>)



(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/>)

Understanding Carbohydrates

(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/>)



(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/>)

Food Tips

(<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/>)

Learn the best and worst choices from each food group, so you'll know what to focus on for meals and snacks.

How much and what type of carbohydrate containing foods you eat makes a difference in managing diabetes.

Tips for eating out.

Explore: What Can I Eat?

[Diabetes Superfoods \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html)

Supercharge your meal plan with these ten foods full of vitamins, minerals, and fiber.

[Quick Meal Ideas \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/quick-meal-ideas/\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/quick-meal-ideas/)

Take the time to plan before you shop, stock your kitchen so everything you need for a quick meal is on hand.

[Alcohol \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/alcohol.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/alcohol.html)

Learn about drinking alcohol if you have diabetes.

[Eating Out \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/)

Learn ways to manage your diabetes while eating out.

[Grains and Starchy Vegetables \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html)

Are grains and starchy vegetables good or bad?

[Non-starchy Vegetables \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/non-starchy-vegetables.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/non-starchy-vegetables.html)

Fill half your plate with non-starchy vegetables for a healthy meal.

[Protein Foods \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/meat-and-plant-based-protein.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/meat-and-plant-based-protein.html)

Protein foods are an important part of a diabetes meal plan. Learn about your best choices.

[What Can I Drink? \(http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/what-can-i-drink.html\)](http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/what-can-i-drink.html)

Don't forget that the beverages you drink can also have an effect on your weight and blood glucose as you work to control your diabetes.



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