

Pantry List for Individuals with Diabetes or Prediabetes

Canned Vegetables – low or no salt

Canned Fruit – packed in its own juice

Canned or Dried beans (rinse canned before eating to remove salt)

Canned Soup – low sodium

Canned tomato products – tomato paste, tomato sauces, and diced tomatoes

Canned fish – tuna, salmon, and sardines packed in water

Canned chicken

Whole grains – pasta, oatmeal, quinoa, polenta, kasha, and wild rice blends

Salsa – read the label to steer clear of too much added sugar and salt

Sugar-free gelatin

Sugar-free syrup

Popcorn (light)

Whole-grain cereal

Brown rice, jasmine, or basmati

Whole wheat crackers

Peanut butter or almond butter

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