

Diabetes-Friendly Grocery List

Balanced & delicious — steady energy, fewer spikes

Apollo Hospitals
Department of Dietetics · Chennai

Fill your trolley with high-fibre, low-GI, whole foods that help keep blood sugar steady. Tick items as you shop.

Whole grains & millets
☐ Brown rice
☐ Oats
☐ Whole-wheat atta
☐ Jowar
☐ Bajra
☐ Ragi
☐ Quinoa
☐ Barley
☐ Dalia (broken wheat)

Vegetables (fill half the plate)
☐ Spinach & greens
☐ Methi
☐ Cabbage
☐ Cauliflower
☐ Beans
☐ Brinjal
☐ Capsicum
☐ Bottle gourd
☐ Ridge gourd
☐ Tomato
☐ Cucumber
☐ Carrot
☐ Broccoli
☐ Sprouts

Low-GI fruits (in moderation)
☐ Apple
☐ Guava
☐ Pear
☐ Papaya
☐ Orange
☐ Berries
☐ Jamun
☐ Sweet lime

Protein
☐ Toor / moong / masoor dal
☐ Chana & rajma
☐ Chickpeas
☐ Low-fat paneer
☐ Tofu
☐ Eggs
☐ Chicken
☐ Fish

Dairy
☐ Low-fat milk
☐ Unsweetened curd
☐ Buttermilk

Nuts & seeds (unsalted)
☐ Almonds
☐ Walnuts
☐ Flaxseeds
☐ Chia seeds
☐ Pumpkin seeds

Healthy fats (small amounts)
☐ Olive oil
☐ Mustard oil
☐ Groundnut oil

Flavour & pantry
☐ Turmeric
☐ Cinnamon
☐ Cumin
☐ Methi seeds
☐ Garlic & ginger
☐ Curry leaves
☐ Lemon

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Leave on the shelf: sugar, jaggery & sweets · white bread & maida · sugary drinks & packaged juices · biscuits & cookies · chips & namkeen · cakes & pastries · sweetened cereals · fried foods.

Smart shopping tips

- Shop the perimeter of the store first — that's where fresh produce, dairy and proteins usually are.
- Read labels for hidden added sugar (glucose, syrup, maltose) and sodium.
- Buy whole fruit rather than fruit juice.
- Choose unsalted nuts and plan meals around vegetables and protein.

Based on Apollo Hospitals diabetes diet guidance. Portion sizes and choices should be personalised with your dietitian.