

Cardiac Diabetic Diet Food List

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A balanced diet for managing diabetes and heart health.

Key Goals

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- ☐ Control Blood Sugar
- ☐ Protect Heart Health
- ☐ Rich in Nutrients & Fiber
- ☐ Focus on Whole Foods

Whole Grains

- ☐ Oats (rolled or steel-cut)
- ☐ Barley
- ☐ Quinoa
- ☐ Brown rice
- ☐ Bulgar wheat

Leafy Greens

- ☐ Spinach
- ☐ Kale
- ☐ Swiss chard
- ☐ Mustard greens
- ☐ Romaine lettuce

Fish (Rich in Omega-3 Fatty Acids)

- ☐ Salmon
- ☐ Mackerel
- ☐ Sardines
- ☐ Trout
- ☐ Herring

Nuts and Seeds

- ☐ Almonds
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Pumpkin seeds

Healthy Oils

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Flaxseed oil
- ☐ Walnut oil

Low-Fat Dairy

- ☐ Skim milk
- ☐ Low-fat yogurt
- ☐ Kefir
- ☐ Low-fat cheese

Fruits

- ☐ Berries (strawberries, blueberries, raspberries)
- ☐ Apples
- ☐ Pears
- ☐ Oranges
- ☐ Kiwi

Vegetables

- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Carrots
- ☐ Bell peppers
- ☐ Tomatoes

Legumes and Beans

- ☐ Chickpeas
- ☐ Lentils
- ☐ Kidney beans
- ☐ Black beans
- ☐ Soybeans

Herbs and Spices

- ☐ Garlic
- ☐ Turmeric
- ☐ Cinnamon
- ☐ Ginger
- ☐ Basil

Additional Healthy Foods

- ☐ Avocado
- ☐ Sweet potatoes
- ☐ Peas
- ☐ Eggplant
- ☐ Squash