

# Prediabetes Diet Plan

## From Lark

Foods to Choose: nutrients for prediabetes	Examples
Non-Starchy Vegetables: fiber, potassium, low-calorie	Fresh lettuce and salad greens; tomatoes; celery; cucumbers; onions; snow peas; mushrooms; broccoli; spinach; brussels sprout; eggplant; zucchini; bell peppers...etc.!; frozen vegetables (no salt added)
Seafood: protein, healthy fats, potassium	Salmon; shrimp; tuna; crab; clams; mackerel; herring; tilapia; pollock
Legumes: * fiber, protein, potassium	Split and black-eyed peas; lentils; beans such as kidney, black, garbanzo, and pinto beans; soybeans and soy products, such as tofu, edamame, and soy milk; meat substitutes
Whole Grains:* fiber	Whole-grain bread, cereal, and pasta; oatmeal; brown rice; whole-grain barley, farro, and quinoa; air-popped popcorn
Starchy Vegetables: * fiber, potassium	Sweet potatoes; potatoes; winter squash; green peas; corn; pumpkin
Plant-based fats/oils: healthy fats, fiber (except oil), protein (in peanuts, nuts, and seeds)	Olive oil; avocado; natural peanut and nut butters; peanuts; nuts; seeds; flaxseed; vegetable oils
Reduced-fat dairy: protein, calcium, potassium, vitamin D	Plain yogurt; skim milk; fat-free cottage cheese; low-fat cheese
Fruit: * fiber, potassium	Peaches; cantaloupe; berries; apples; pears; oranges; tangerines; watermelon; frozen fruit (no sugar added)
Hydrating beverages: water, low-calorie	Water; decaffeinated black coffee and unsweetened tea without cream; water with mint, lime, lemon, or cucumber