

WHOLEFOOD PANTRY ESSENTIALS

PROTEIN

- ☐ White fish
- ☐ Oily fish e.g. Mackerel, salmon, trout
- ☐ Tinned fish (tuna, salmon, sardines, herring, mackerel)
- ☐ Seafood
- ☐ Poultry(chicken, turkey)
- ☐ Kangaroo
- ☐ Lean beef, pork or lamb
- ☐ Eggs
- ☐ Cheese
- ☐ Tofu
- ☐ Plain or Greek yoghurt
- ☐ Milk of your choice e.g. cow's milk, lactose free, soy, almond

HEALTHY FATS

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Avocado
- ☐ Tahini paste
- ☐ Tree nuts (almonds, walnuts)
- ☐ Raw peanuts
- ☐ Raw seeds e.g. chia seed, linseed (flaxseed), sunflower seeds, sesame seeds
- ☐ LSA (linseeds, sunflower seeds & almonds)
- ☐ 100% nut butters e.g. peanut, almond
- ☐ Almond and or hazelnut meal
- ☐ Fresh olives

LOW GI CARBOHYDRATES

- ☐ Seasonal fresh fruit
- ☐ Canned fruit (no added sugar)
- ☐ Frozen fruit e.g. berries
- ☐ Seasonal fresh vegetables and salad
- ☐ Canned and frozen vegetables e.g. tomatoes, frozen peas
- ☐ Legumes e.g. chickpeas, lentils, cannellini beans, black beans, kidney beans
- ☐ Low GI, starchy veg e.g. sweet potato, potato (Carisma, Spud Lite), pumpkin, corn
- ☐ Seeds/Grains: quinoa, barley, wholegrain oats, oat bran
- ☐ Low carb noodles and pasta e.g. Qetoe
- ☐ Good quality muesli/granola
- ☐ Sourdough, wholegrain bread, wholegrain rye bread,
- ☐ Low carb bread e.g. Burgen, Helga's, Herman Brot, Abbots
- ☐ Low carb wraps e.g. Simson's pantry, Mission, BFree
- ☐ Wholegrain crackers e.g. Vita Weets, Ryvita's
- ☐ Pure maple syrup
- ☐ Low GI honey e.g. yellow box

TO FLAVOUR FOODS

- ☐ Fresh/dried herbs
- ☐ Spices, chilli, garlic
- ☐ Tamari (reduced salt Japanese soy sauce)
- ☐ Mustard (Dijon and wholegrain seeded)
- ☐ Lemon/lime juice
- ☐ Vinegar: apple cider, white wine, balsamic vinegar, rice wine vinegar
- ☐ Chicken, vegetable, and beef stock (reduced salt)

For more information, please contact us today
1800 177 055 **diabetesaustralia.com.au**

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