

## Diabetic Pantry: Foods to Stock Up On



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Whether you have type 1 diabetes or type 2 diabetes, being committed to incorporating healthy, nutritious foods on a daily basis can help you manage your diabetes. One of the most crucial things you can do to eat well with diabetes is to keep a well-stocked pantry. That way, you're prepared to cook healthy meals.

Shop for fresh vegetables, fruits, fish, poultry, lean meats, and low-fat dairy, and then prepare diabetic-friendly recipes using food staples in your pantry.

Below is an extensive list of suggested food items you can keep on hand when cooking and eating to help manage diabetes.

### Vinegar

- Balsamic
- Cider
- Fruit-infused
- Herb-infused
- Malt
- Red wine
- Rice wine
- Sherry
- White wine

### Cooking Sprays

- Available in aerosol and refrigerated pumps
- Also available in a variety of flavors, including butter, olive oil, and vegetable sprays

### Oils

- Canola
- Olive
- Not necessary, but these are good for added flavor: almond, avocado, grapeseed, hazelnut, peanut, and walnut oils
- Safflower
- Sesame

### Grains

- Couscous
- Instant polenta
- Kasha
- Millet
- Quinoa
- Rice: white, basmati, brown, quick-cooking, and wild
- Rolled oats
- Stone-ground yellow and white cornmeal

### Dried Beans and Legumes

- Black beans
- Black-eyed peas
- Cannellini
- Chickpeas
- White beans
- Lentils: brown and red
- Navy
- Pinto

### Pasta

- Angel hair
- Bow ties (farfalle)
- Lasagna

- Linguine
- Penne
- Rotelle

- Spaghetti
- Ziti

## Baking Needs

- Baking powder
- Baking soda
- Baker's spray  
(combined with flour)
- Brown sugar
- Cocoa powder
- Cornstarch

- Cream of tartar
- Cry bread crumbs  
(unseasoned)
- Graham cracker  
crumbs
- Honey
- Non-fat pancake mix

- Salt and kosher salt
- Sugar
- Sugar substitutes
- Unbleached all-  
purpose flour
- Vanilla extract

## Canned and Packages Goods

- Black beans
- Canned pumpkin
- Cannellini beans
- Capers
- Chickpeas
- Cognac for cooking
- Dried chiles
- Dried mushrooms
- Dry red and white  
wine for cooking
- Dry roasted peanuts
- Dry sherry for cooking
- Evaporated skim milk
- White beans
- Worcestershire sauce

- Fat-free no-salt-added  
chicken and vegetable  
broth
- Garlic sauce
- Hoisin sauce
- Hot pepper sauces
- Natural peanut butter
- Navy beans
- No-salt-added canned  
tomatoes
- No-salt-added tomato  
paste
- No-sugar added dried  
fruits

- No-sugar-added fruit  
spread
- Pinto beans
- Powdered buttermilk
- Reduced-sodium soy  
sauce
- Regular and coarse  
ground Dijon mustard
- Rum for cooking
- Sun-dried tomatoes  
(dry-packed)
- Tequila for cooking
- Unsweetened fruit  
juices

## Dried Herbs and Spices

- Basil
- Bay leaves
- Caraway seed
- Celery seed
- Chili powder
- Cloves
- Coriander
- Crushed red pepper  
flakes
- Curry powder

- Dill
- Dry mustard
- Fennel seed
- *Fines herbes*
- Ground allspice
- Ground cinnamon
- Ground cumin
- Ground ginger
- Marjoram
- Paprika

- Peppercorns
- Poppy seeds
- Rosemary
- Saffron
- Sage
- Savory
- Sesame seeds
- Thyme

## In the Freezer

- Bread dough
- Filo dough
- Frozen no-sugar-added fruits and berries

### **In the Refrigerator**

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| <ul style="list-style-type: none"> <li>• Anchovy paste in a tube</li> <li>• Dill pickles</li> <li>• Egg substitute</li> <li>• Eggs</li> <li>• Fat-free cream cheese</li> <li>• Fat-free mozzarella cheese</li> <li>• Fat-free ricotta cheese</li> <li>• Fat-free sour cream</li> <li>• Fresh ginger</li> </ul> | <ul style="list-style-type: none"> <li>• Fresh herbs and parsley</li> <li>• Fresh vegetables in season</li> <li>• Garlic</li> <li>• Lemons</li> <li>• Limes</li> <li>• Onions: white, yellow, sweet (seasonal), and red</li> <li>• Oranges</li> <li>• Other fresh fruit in season</li> </ul> | <ul style="list-style-type: none"> <li>• Part-skim Parmesan cheese</li> <li>• Potatoes: red, Russet, and Yukon Gold; sweet potatoes</li> <li>• Reduced-fat tub margarine</li> <li>• Salad</li> <li>• Scallions</li> <li>• Shallots</li> <li>• Skim milk</li> <li>• Tomato paste in a tube</li> </ul> |
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These foods are suggestions to keep a well-stocked pantry—and kitchen—and whether you have type 1 diabetes or type 2 diabetes, they can help you plan your meals.

<http://www.diabeticlifestyle.com/eating-well/diabetic-pantry-foods-stock>

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