

# Diabetic Food List for Donors

## July 2021

### NON-PERISHABLES

Drop off at church back door in labeled bins

#### Grain & Beans

High fiber, reduced carb pasta, e.g., wheat

Rice: brown, basmati or wild

Beans: Black, Kidney, Lentils, etc.

Quinoa

Almond flour

Peas

#### Nuts or nut butter without added sugar

Pecans

Pistachios

Walnuts

Almonds & Almond butter

Peanuts & Natural peanut butter

Olive oil

#### Protein, shelf stable

Canned tuna

Canned salmon

Canned crabmeat

#### Canned Foods

Fruit packed in juice, no sugar added

Low-sodium vegetables

#### Sugar Free Foods

Preserves, e.g., Smuckers

BBQ Sauce, e.g., Carolina in Red

Pudding and Jello

Cookies, e.g., Highkey

Popcorn, e.g., Skinny Pop

#### Sweeteners

Stevia

Monk fruit sweetener & syrup

#### Beverages, health drinks

Protein drinks, e.g., Slim fast, Premier, Muscle

Milk Zero

Crystal Light lemonade

Almond Breeze

Glucerna

### Low Carbohydrate Substitutes

Grain-free Breadless Breading

Pancake mix, e.g., Birch Benders

#### Cereal

Steel Cut Oats

Cereal with 3 g. fiber, <8 g sugar/serving

#### Pickles and spices

Black olives

Ground cinnamon

### PERISHABLES

Deliver to church between 9 and 10 am on  
Pantry Saturdays

#### Vegetables

Celery

Broccoli

Cucumbers

Mushrooms

Sweet Potatoes

Cauliflower

Green beans

Brussels sprouts

Salad greens

Carrots

Zucchini

#### Fruits

Apples

Berries

Oranges

Cantaloupe

Avocado

#### Dairy

Parmesan Romano Cheese

Cottage cheese, low fat

Fermented dairy, e.g., plain yogurt

Eggs

Tofu