

VEGETABLES , HERBS & SPICES FOR PEOPLE WITH DIABETES EAT AS MUCH AS YOU LIKE

VEGETABLES



Asparagus



Beans



Beetroot



Broccoli



Brussels
Sprouts



Cabbage



Carrots



Capsicum



Celery



Courgette



Cucumber



Eggplant



Leeks



Lettuce



Mushrooms



Onions



Pak Choy



Peas



Pumpkin



Silverbeet



Tomato

HERBS & SPICES



Radish



Garlic



Chillies



Spring Onions