

# THE ORANGE LIST

Once your HbA1c is below 6% you can start reintroducing these foods to your diet, slowly. Once a week to start.

1

## VEGETABLES

Baby Potatoes (served cold)  
Beetroot  
Corn on the Cob  
Mixed diced vegetables (corn, peas & carrots)  
Butternut  
Sweet Potato  
Parsnips

2

## LEGUMES & GRAINS

Beans & Chickpeas  
Black Eyed Beans  
Broad Beans  
Kidney Beans (white & red)  
Lentils (restrict to 2 tablespoons)  
Pap  

- (limited to once a week, and two tablespoons per day)

  
Raw Peanuts  
Steel Cut Oats  
White beans  
Quinoa

3

## SWEETENERS

Raw Honey (limit to one teaspoon)

4

## FRUIT

Apricots, Blackcurrants  
Coconut, Cranberries  
Spanspek  
Mulberries  
Mandarines  
Guava  
Nectarines  
Oranges  
Limes  
Paw Paw  
Water Melon  
Red Currant  
Grapefruit  
Dragon Fruit  
Marula Fruit

**Use sparingly – These fruits are more than 10g carbs per 100g serving**

Apples  
Banana (the greener the better for you)  
Clementines  
Figs  
Kiwi  
Litchi  
Mango  
Naartjies  
Pears  
Pineapple  
Grapes  
Plums  
Pomegranate  
Quinces  
Tangerine  
Granadilla

**You can start introducing foods from the ORANGE LIST only once your HbA1c is below 6%. And then these foods must be introduced GRADUALLY back into your diet lifestyle. Be cautious with your portions.**



**Eat these foods SOMETIMES**