

17 x 11

Diabetes Quick Food Guide

Type 2 Diabetes QUICK GUIDE

WHAT TO EAT

WHOLE GRAINS

- WHOLE WHEAT OR LACQUINE PASTA
- QUINOA
- WILD RICE
- 100% WHOLE-GRAIN
- CORNMEAL
- OATMEAL
- BARLEY



VEGETABLES

- BROCCOLI
- CAULIFLOWER
- GREENS
- PEPPERS
- TOMATOES
- POTATOES
- CORN
- GREEN PEAS
- CARROT
- ZUCCHINI
- ASPARAGUS
- CELERY
- ONION
- SPINACH
- BEETS
- CAULIFLOWER



FRUITS

- APPLES
- AVOCADO
- BLACKBERRIES
- CHERRIES
- GRAPES
- PEACHES
- PINEAPPLE
- RASPBERRIES
- STRAWBERRIES
- ORANGES
- PLUMS
- LEMON



DAIRY

- PARMESAN
- BACON
- COTTAGE CHEESE
- LOW FAT MILK
- SOY MILK
- LOW FAT CREAM
- YOGURT
- PLAIN YOGURT



MEAT/PROTEIN

- SKINLESS, BONELESS CHICKEN BREAST OR STEAK
- SALMON, BASS, TUNA, AND OTHER OILY FISH
- BREAKFAST
- WHITE FISH FILLETS
- BONELESS TURKEY BREAST
- EGGS



BEANS/LEGUMES

- BLACK BEANS
- KIDNEY BEANS
- PINTO BEANS
- BAKED BEANS
- LENTILS
- CHICKPEAS
- FALAFEL
- LENTILS
- PEAS
- TOFU



CONDIMENTS

- VINEGAR
- OLIVE OIL
- MUSTARD
- ANY SPICE OR HERB
- ANY VARIETY OF EXTRACTS
- HOT SAUCES
- SALSA



BEVERAGES

- UNWEETENED-ICE TEA
- HOT TEA
- UNWEETENED-COFFEE
- LOW FAT MILK
- SOY MILK
- UNWEETENED-PLANT-BASED MILKS
- SPARKLING WATER



PACKAGED AND FAST FOODS

- CROISS
- FRENCH FRIES
- MICROWAVE POPCORN
- PROCESSED MEAT
- CONFECTIONERY SUGAR
- SODA SODA CEREALS
- WHITE BREAD
- WHITE RICE
- REGULAR PASTA
- FROZEN PIZZA



HIGH SODIUM FOODS

- SALTY BUTYR
- SALTY BREAD
- SALTY PROTEIN
- SOY SAUCE
- BAKED BREAD
- SALT BAKED BREAD, CHICKEN



FRUITS

- CANNED FRUITS WITH HIGH SUGAR
- FRUIT PUNCH
- SWEETENED FRUIT JUICES
- CONCENTRATED FRUIT JUICES
- HIGH SUGAR FRUIT CEREALS



FULL-FAT DAIRY

- WHOLE MILK
- PROCESSED CHEESE
- BUTTER
- PROCESSED CHEESE
- SALTY CHEESE (FETA AND BALSAMIC)
- SOY CREAM
- FRUIT FLAVORED YOGURT



HIGH FAT MEAT

- FATTY CUTS OF PORK, BEEF, LAMB
- POULTRY SKIN, DARK MEAT CHICKEN
- HIGH FAT BACON
- HIGH FAT BURGERS
- HIGH FAT FISH
- HOT DOGS



SWEETS

- CANDY
- COOKIES
- BAKED COOKIES
- ICE CREAM
- DESSERTS SUCH AS CAKE
- CHOCOLATE BARS
- SODA/DRINKS



SWEETENERS

- TABLE SUGAR
- BROWN SUGAR
- HONEY
- MAPLE SYRUP
- PEANUT BUTTER
- SPREADS



SUGAR SWEETENED BEVERAGES

- JUICE
- SODA/DRINKS
- SODA
- SWEET TEA
- SPORTS DRINKS
- FLAVORED COFFEE DRINKS



THIS PAGE SHOWS A FEW EXAMPLES OF TYPE 2 DIABETES FOOD RECOMMENDATIONS.
ALWAYS CONSULT A DOCTOR OR NUTRITIONIST FOR FURTHER ADVICE ON YOUR DIETARY REQUIREMENTS.

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T2nutrition Plan Guide

Léo Pomar



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