

17 x 11

Diabetes Quick Food Guide

Type 2 Diabetes QUICK GUIDE

WHAT TO EAT

WHOLE GRAINS

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



VEGETABLES

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



FRUITS

- APPLES
- AVOCADOS
- BLACKBERRIES
- CHERRIES
- ORANGES
- PEACHES
- PINEAP
- KIWI
- GRAPES
- PLUMS
- STRAWBERRIES



DAIRY

- PASTEURIZED
- SMOOTHS
- COTTAGE CHEESE
- LOW FAT MILK
- SKIM MILK
- LOW FAT GREEK
- VANILLA
- PLAIN YOGURT



MEAT/PROTEIN

- SKINLESS, BONELESS CHICKEN BREAST OR STEAK
- SALMON, BASS, TUNA, AND OTHER OILY FISH
- EGGS/EGG
- WHITE TUNA SALAD
- SKINLESS TURKEY BREAST
- EGGS



BEANS/LEGUMES

- BLACK BEANS
- KIDNEY BEANS
- PINTO BEANS
- BAKED BEANS
- SOYBEANS
- LENTILS
- CHICKPEAS
- PEA
- TUNA



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
- SKIM MILK
- UNWEETENED-PLANT-BASED MILK
- SPARKLING WATER



PACKAGED AND FAST FOODS

- CHIPS
- FRENCH FRIES
- MICROWAVE POPCORN
- PROCESSED MEAT
- CONVEYER BELT
- SOFT ICE-CREAM
- WHITE BREAD
- WHITE RICE
- BUCOLAR PASTA
- FROZEN PIZZA



HIGH SODIUM FOODS

- SALTY BUTYR
- SALTY CHEESE
- SALTY PROTEIN
- HOT SAUCE
- BAKERS/BAKED
- SALT-BLIND PASTA, CHEESE



FRUITS

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



FULL-FAT DAIRY

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



WHAT TO AVOID

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



SWEETS

- CANDY
- COOKIES
- BAKED COOKIES
- ICE CREAM
- DESSERTS SUCH AS CAKES
- CHOCOLATE BARS
- DONUTS/PAIS



SWEETENERS

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



SUGAR SWEETENED BEVERAGES

- JUICE
- SOFT 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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