

Type 2 Diabetes Quick Food Guide



Breads To Choose:

Whole Mixed Grain Spelt	Rye (White, Whole Wheat)
Sourdough	Rye (Light, Dark, Whole Grain)
Tortilla (Whole Grain)	Stone Ground Whole Wheat
Flaxseed/Linseed	
Pita Bread (Whole Wheat)	Rye (Light, Dark, Whole Grain)
Pumpernickel	Stone Ground Whole Wheat

Breads To Choose Less Often:

White	Whole Wheat
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Grains To Choose:

Barley	Rice (Converted, Parboiled)
Bulgur	
Mung Bean Noodles	Basmati Rice
Pasta (All Durum, Firm)	Brown Rice
Pulse Flours	Quinoa
Quinoa	Couscous
	Popcorn

Grains To Choose Less Often:

Jasmine Rice	Sticky Rice
Millet	White Rice (Instant)

Cereal To Choose:

All-Bran™ Cereal	Oats (Steel Cut)
All-Bran Buds™ With Psyllium Cereal	Cream of Wheat™ (Regular)
Oat Bran	

Cereal To Choose Less Often:

Corn Flakes™	Special K™
Cream of Wheat™ (Instant)	Raisin Bran™
Puffed Wheat	Other cereal with added sugar
Rice Krispies™	

Choosing healthy foods is one of the best tools for managing type 2 diabetes. Healthy food choices for people living with diabetes are not much different than for any other person. Some food choices are better than others, but nothing is completely off-limits. Below are some recommendations for foods to choose most often and foods to choose less often.



Vegetables To Choose:

Pears	Broccoli
Sweet Potato	Cabbage
Winter Squash	Cauliflower
Spinach	Brussels sprouts
Collards	Eggplant
Kale	Okra
Arugula	

Vegetables To Choose Less Often:

Potato (Instant Mashed)
Potato (Red, White)

Beans To Choose:

Chickpeas	Romano Beans
Kidney Beans	Boybeans/Edamame
Lentils	Split Peas
Mung Beans	Black beans

Highly Processed Foods To Choose Less Often:

Crackers	Beef jerky
Potato chips	Hot dogs
Bacon	Highly processed meats (frozen pizza, microwavable dinners)
Ham	
Salami	

Nuts To Choose:

Almonds	Hazelnuts
Cashews	Pecans
Walnuts	
Brazil nuts	

Sweets To Choose Less Often:

Pastries	Regular sodas
Cookies	Fruit punches/iced teas
Cakes	Specialty coffee drinks
Donuts	

Meats and Proteins To Choose:

Chicken	Herring
Turkey	Tuna
Lean cuts of beef/pork	Mackerel
Salmon	Halibut
Trout	Sardines
	Eggs

Higher-Fat Cuts of Meat To Choose Less Often:

Beef or pork ribs	beef brisket
Pork rib/rib-eye steak	Regular ground beef

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Padhraic Smyth

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