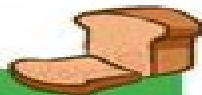


Type 2 Diabetes

Quick Food Guide



Breads To Choose:

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

Breads To Choose Less Often:

White	Whole Wheat
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Grains To Choose:

Barley	Rice (Converted, Parboiled)
Bulgur	Basmati Rice
Mung Bean Noodles	Brown Rice
Pasta (Al Dente, Firm)	Conmeal
Pulse Flours	Couscous
Quinoa	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™	Cream of Wheat™ (Regular)
With Psyllium Cereal	
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™	

Vegetables To Choose:

Peas	Broccoli
Sweet Potato	Cabbage
Winter Squash	Cauliflower
Spinach	Brussels sprouts
Collards	Eggplant
Kale	Onion
Arugula	

Vegetables To Choose Less Often:

Potato (Instant Mashed)
Potato (Red, White)

Fruits To Choose:

Apple	Mango
Apricot	Orange
Banana (Green, Unripe)	Peach
Berries	Pear
Cantaloupe	Plum
Grapefruit	Pomegranate
Honeydew Melon	Prunes

Fruits To Choose Less Often:

Banana (Brown, Overripe)
Fruit juices
Canned fruit with added sugar
Dried fruits

Dairy To Choose:

Low-fat milk (1% or 2%)	Yogurt – no added sugar and 2% or less milk fat (M.F.)
Unsweetened Almond, Oat or Soy beverages	Lower-fat cheese (Cottage, Mozzarella)

Dairy To Choose Less Often:

Rice “milk” beverage
Full-fat dairy products

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.

Beans To Choose:

Chickpeas	Romano Beans
Kidney Beans	Soybeans/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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Thomas Griffiths



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