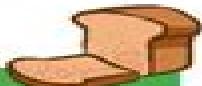


Type 2 Diabetes Quick Food Guide



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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Lingjun Ying

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Table of Contents Pdf Condition Support Guide For Diabetes Genesis Pure

1. Understanding the eBook Pdf Condition Support Guide For Diabetes Genesis Pure
 - The Rise of Digital Reading Pdf Condition Support Guide For Diabetes Genesis Pure
 - Advantages of eBooks Over Traditional Books
2. Identifying Pdf Condition Support Guide For Diabetes Genesis Pure
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pdf Condition Support Guide For Diabetes Genesis Pure
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pdf Condition Support Guide For Diabetes Genesis Pure
 - Personalized Recommendations
 - Pdf Condition Support Guide For Diabetes Genesis Pure User Reviews and Ratings
 - Pdf Condition Support Guide For Diabetes Genesis Pure and Bestseller Lists

5. Accessing Pdf Condition Support Guide For Diabetes Genesis Pure Free and Paid eBooks
 - Pdf Condition Support Guide For Diabetes Genesis Pure Public Domain eBooks
 - Pdf Condition Support Guide For Diabetes Genesis Pure eBook Subscription Services
 - Pdf Condition Support Guide For Diabetes Genesis Pure Budget-Friendly Options
6. Navigating Pdf Condition Support Guide For Diabetes Genesis Pure eBook Formats
 - ePUB, PDF, MOBI, and More
 - Pdf Condition Support Guide For Diabetes Genesis Pure Compatibility with Devices
 - Pdf Condition Support Guide For Diabetes Genesis Pure Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pdf Condition Support Guide For Diabetes Genesis Pure
 - Highlighting and Note-Taking Pdf Condition Support Guide For Diabetes Genesis Pure
 - Interactive Elements Pdf Condition Support Guide For Diabetes Genesis Pure
8. Staying Engaged with Pdf Condition Support Guide For Diabetes Genesis Pure
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pdf Condition Support Guide For Diabetes Genesis Pure
9. Balancing eBooks and Physical Books Pdf Condition Support Guide For Diabetes Genesis Pure
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pdf Condition Support Guide For Diabetes Genesis Pure
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pdf Condition Support Guide For Diabetes Genesis Pure
 - Setting Reading Goals Pdf Condition Support Guide For Diabetes Genesis Pure
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pdf Condition Support Guide For Diabetes Genesis Pure
 - Fact-Checking eBook Content of Pdf Condition Support Guide For Diabetes Genesis Pure
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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