

Healthy Nutrition for Type 2 Diabetes



Type 2 Diabetes occurs when an individual's blood sugar is too high and the body does not utilize insulin well enough to carry sugar to the cells. As a result, excess sugar stays in the blood and not enough reaches the cells.

General Nutrition:

- Eat a balanced diet containing foods that are high in fiber, vitamins and minerals, protein, and healthy fats
- Work with a Registered Dietitian to find the best range of carbohydrate intake for each meal
- Consume carbohydrates mostly from non-starchy vegetables
- Eat more plant-based sources of protein and healthy fat

Some Diabetes-friendly Foods:

- Non-starchy and colorful vegetables
- Apples and other high-fiber fruits
- Lean sources of protein such as lentils, peas, and beans
- Healthy fats such as peanut butter, peanuts, tree nuts, and avocados
- Whole grains, such as quinoa and barley
- Nonfat or low-fat dairy

General Recommendations:

- Fill 1/2 of your plate with non-starchy vegetables
- 1/4 of your plate at each meal should include a source of lean protein
- Fill 1/4 of your plate with non-refined carbohydrates
- Limit saturated fat to no more than 10% of total daily calories. Saturated fats like butter and meat fat are solid at room temperature, while unsaturated fats like olive oil and corn oil are liquid at room temperature

Sample Meal: Low-carb Dinner

- Veggie omelet made with 1 whole egg, two egg whites, and topped with reduced-fat cheese
- 1/2 apple
- Snack: celery and carrot sticks with peanut butter

Potential Benefits:

- Manage blood sugar, Hemoglobin A1c, and weight
- Lower risk of early death
- 5% to 10% weight loss in overweight and obese individuals; improvements in blood pressure and cholesterol

Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.

Foods to Limit:

- High-fat processed foods such as chips, cookies, and cake
- White bread and pasta
- High-sodium canned soups
- Saturated fats such as bacon or fatty cuts of meat
- Sodas
- High-fat dairy products
- Artificial sweeteners
- Foods containing high fructose corn syrup

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