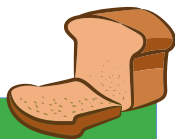


# Type 2 Diabetes Quick Food Guide

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.



## Breads To Choose:

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

## Breads To Choose Less Often

|       |             |
|-------|-------------|
| White | Whole Wheat |
|-------|-------------|

## Grains To Choose:

|                        |                             |
|------------------------|-----------------------------|
| Barley                 | Rice (Converted, Parboiled) |
| Bulgur                 | Basmati Rice                |
| Mung Bean Noodles      | Brown Rice                  |
| Pasta (Al Dente, Firm) | Cornmeal                    |
| 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™ 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™            |                               |

## Vegetables To Choose:

|               |                  |
|---------------|------------------|
| Peas          | 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)     |

## 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 |

## 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 meals               |
| Ham          | (frozen pizza, microwavable dinners) |
| 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        |
| Prime rib rib-eye steak | Regular ground beef |