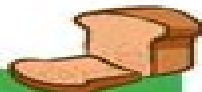


# Type 2 Diabetes

## 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        | 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 |
|-------|-------------|

### Grains To Choose:

|                        |                             |
|------------------------|-----------------------------|
| Barley                 | Rice (Converted, Parboiled) |
| Bulgur                 | Basmati Rice                |
| Mung Bean Noodles      | Brown Rice                  |
| Pasta (Al Dente, Firm) | Commeal                     |
| 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 Puffed Wheat 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 |

### 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        |
| Prime rib rib-eye steak | Regular ground beef |

# Type 2 Diabetes Guide

**American Diabetes Association**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the American Diabetes Association text.

## **Type 2 Diabetes Guide:**

The First Year: Type 2 Diabetes Gretchen Becker, 2012-10-25 Diagnosed with type 2 or non insulin dependent diabetes in 1996 Gretchen Becker educated herself on every aspect of this chronic condition by reading medical books talking with doctors listening to her own body and using the Internet to communicate daily with other people with diabetes Now as a patient expert she guides all those newly diagnosed through everything they need to learn and do in the crucial first year after diagnosis This indispensable guide simplifies but never patronises and offers a wider approach than any so far adhered to by doctors It answers all the questions that assail the newly diagnosed How to cope with daily maintenance How to make sense of the terminology about measurement of blood glucose levels How to build self knowledge and confidence How overall best to adjust to life with diabetes American Diabetes Association Guide to Nutrition Therapy for Diabetes Alison B. Evert, MS, RDN, CDE, Marion J. Franz, MS, RDN, CDE, 2017-05-15 Nutrition therapy is an essential component of effective diabetes management Healthcare providers need to stay current on new developments in nutrition therapy and specific interventions for a wide range of patient populations and special circumstances in order to provide the best possible outcomes for their patients Revised and updated to incorporate the latest research and evidence based guidelines the third edition of the American Diabetes Association Guide to Nutrition Therapy for Diabetes is a comprehensive resource for the successful implementation of nutrition therapy for people with diabetes Topics covered include Macronutrients and micronutrients Nutrition therapy for pregnant women youth older adults and people with prediabetes Nutrition therapy for hospitalized and long term care patients Celiac disease eating disorders and diabetes complications Cost effectiveness of nutrition therapy health literacy and numeracy and community based diabetes prevention programs **American Medical Association Guide to Living with Diabetes** Boyd E. Metzger, M.D., 2009-05-18 More Than 3 Million American Medical Association Books Sold From America's Most Trusted Health Authority the Ultimate Guide to Understanding Preventing and Managing Type 2 Diabetes Millions of Americans have type 2 diabetes and millions more are at risk of developing the disease The good news is that it is both preventable and treatable In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes take control of it if you already have it and reduce your risk of life threatening complications This book provides clear easy to understand explanations of what type 2 diabetes is what causes it and how to determine if you are at risk You'll find a detailed easy to follow program for preventing diabetes by eating a healthy diet exercising regularly and reaching and maintaining a healthy weight If you are living with diabetes this invaluable guide offers in depth explanations of the recommended lifestyle changes that can help you manage the disease stressing the importance of rigorous testing and control of your blood sugar to avoid complications You will learn about the available medications for treating diabetes and about alternative and complementary therapies The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at risk children By following the

recommendations and guidelines in the American Medical Association Guide to Living with Diabetes you can reduce or eliminate the symptoms avoid or minimize the risk of serious complications and become more physically fit energetic and alert In fact there s no reason you can t be healthier than you ve ever been [American Diabetes Association Guide to Insulin and Type 2 Diabetes](#) Marie McCarren,2007-10-04 User friendly guide covers all aspects of insulin use in type 2 diabetes The American Diabetes Association Guide to Insulin Type 2 Diabetes addresses common fears about insulin therapy and what is involved with beginning to use insulin Additional chapters discuss fine tuning of insulin self management gadgets to make life easier and troubleshooting steps to overcome any problems readers may have **IHS Introduction to Type 2 Diabetes** ,1998 *Type 2 Diabetes: Your Healthy Living Guide* American Diabetes Association,2009-06-03 Your one stop comprehensive guide to everything you need to know about living well with type 2 diabetes This new edition has been redesigned and updated with the latest information to help you find the answers to your questions faster and easier giving you the resources you need to stop worrying about diabetes and get back to living life **Handbook of Nutritional Disorders** Jahangir Moini,Katia Ferdowsi,2024-12-10 Handbook of Nutritional Disorders is a comprehensive handbook covering topics in nutrition malnutrition and the clinical disorders associated with nutrition from deficiency to toxicity It includes information on disorders related to carbohydrate lipid and protein metabolism as well as vitamin and mineral abnormalities The book details various types of supplements feeding methods and therapies for many specific patients It aims to educate readers on ways to prevent disorders resulting from all types of malnutrition and their potentially severe complications Features Strong focus on diabetes featuring information on various forms of the disease and treatment information Detailed discussion of lipids and related disorders cardiovascular disease is the number one cause of death informs users on prevention and treatment of hypertension myocardial infarction and stroke Contains information on selective nutritional disorders including obesity dehydration imbalances malabsorption alcoholism neuropsychiatric disorders eating disorders cancer and pollutant poisonings Written for researchers academia and students in healthcare and nutrition fields this book educates individuals on prevention of disorders resulting from all types of malnutrition and their potentially severe complications [The Everything Guide to Managing Type 2 Diabetes](#) Paula Ford-Martin,Jason Baker,2012-12-18 Diabetes is a complex disease but learning about it shouldn t be This guide gives you advice on establishing a healthier lifestyle and getting control of your diabetes **Care and Management of Type 2 Diabetes in Adults** Angela R. Thompson,2025-09-17 A Practical Guide for Managing Type 2 Diabetes in Primary Care With Type 2 diabetes affecting over 11% of the U S population and continuing to rise primary care providers need a clear evidence based resource to navigate its complexities Care and Management of Type 2 Diabetes in Adults A Handbook for Nurse Practitioners provides clinicians with a comprehensive blueprint for screening diagnosis treatment and patient centered chronic care management This handbook covers foundational knowledge on assessment pathophysiology lifestyle interventions and pharmacologic treatment while

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**Management of Type 2 Diabetes Mellitus E-Book** Steven Levene,Richard Donnelly,2011-11-29 This title is directed primarily towards health care professionals outside of the United States In the 21st Century the management of type 2 diabetes has become even more important both in the primary health care setting and in the UK government s health policy With the publication of the National Service Framework and the allied National Clinical Guidelines both patients and the government expect practices to deliver appropriate and effective care to a high standard This handbook addresses many concepts important in the day to day management of these patients In addition to the discussion of specific medical management of type 2 diabetes including the improvement of cardiovascular risk factors the book explores the use of self management techniques the consultation process and the use of psychological techniques to influence health related behavior All aspects of the text are linked when appropriate to the GMS contract The authors include a full time GP delivering diabetic care and an eminent Consultant academic at the leading edge of diabetes research The text is completely up to date with numerous current references incorporating the latest guidance The span of the text is comprehensive including clinical organisational and psycho social topics of importance in delivering high quality diabetes care The text is cross referenced to the relevant QOF indicators and NSF standards This book also covers the relevant aspects of diabetes in Curriculum Statement 15 6 prepared by the Royal College of General Practitioners which forms the basis of the new membership examination and the competencies expected of General Practitioners The management options include extensive balanced discussions about not just drugs but also health education and appropriate referrals to specialists The approach is neither didactic nor promotional and aims to provide sufficient practical information to help clinicians make optimal decisions that take full account of the latest authoritative guidance but which can be tailored rationally to the individual patient s needs Many of the concepts covered including reduction of cardiovascular risk health education audit and lifestyle are extremely relevant to non diabetes care The appendices include a detailed drug formulary and the relevant 2006 2008 QOF clinical indicators Future trends and further reading are clearly set out ensuring that the book will remain useful for the next few years

**Complete Type 2 Diabetes Guide** Dr Ben James,2024-03-12 Type 2 diabetes is a chronic condition that affects the way the body processes blood sugar glucose which is vital for providing energy to cells Unlike type 1 diabetes where the body fails to produce sufficient insulin type 2 diabetes is characterized by insulin resistance where the body s cells do not respond effectively to insulin As a result

glucose accumulates in the bloodstream leading to elevated blood sugar levels This condition is a global health concern due to its rising prevalence and the complexities associated with its management Type 2 diabetes can lead to various health complications including heart disease kidney damage vision problems and nerve damage making its management critical for maintaining a high quality of life

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