

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
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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	
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

Rita G. Mertig

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the slide.

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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

The Diabetes Guide Anne Claydon, Diana Markham, Dr Adam Daykin, Graham Toms, 2012-08-31 Diabetes affects over 2 million people in the UK but this number is set to explode Experts predict the number of sufferers will almost double to 4 million in less than twenty years In addition to this there are currently a further million undiagnosed sufferers and Type 2 diabetes once considered a disease of middle age is now being increasingly seen in children Yet this condition is manageable and can be easily controlled through diet exercise and lifestyle The Diabetes Guide written by NHS professionals and endorsed by Diabetes UK provides all the information necessary to manage diabetes including The facts about diabetes clearly explained Diabetes myths exposed How to delay and prevent the onset of Type 2 diabetes Complete diet exercise and lifestyle plan Straightforward advice from NHS professionals By eating the right foods exercising and making positive lifestyle changes those suffering with diabetes can successfully manage their health and prevent diabetes controlling their lives

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

Complete Nurse's Guide to Diabetes Care Belinda B Childs, Marjorie Cypress, Geryl Spollett, 2017-08-10 The third edition of the Complete Nurse's Guide to Diabetes Care is a comprehensive resource for all nurses who work with diabetes patients Inside readers will find expert advice on The evolution of the nurse's roles in diabetes care and education Recent research on complications

and associated diseases Practical issues such as the effects of anxiety depression and polypharmacy Updated guidelines for nutrition therapy and physical activity How diabetes affects women children and the elderly An extensive resources section featuring contact information for useful organizations and essential patient care The Complete Nurses Guide to Diabetes Care 3rd Edition gives nurses the tools they need to give quality care to the person with diabetes [The Nurse's Guide to Teaching Diabetes Self-Management](#) Rita G. Mertig,2007 Print CourseSmart [American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education](#) Tami Ross,Jackie Boucher,Belinda S. O'Connell,2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community [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 *The Diabetes Textbook* Joel Rodriguez-Saldana,2019-06-27 Diabetes has become a worldwide health problem the global estimated prevalence approaches ten percent and the burden of this disease in terms of morbidity and mortality is unprecedented The advances acquired through the knowledge of the mechanisms of the disease and the variety of therapeutic approaches contrast with the inability of private and public health systems in underdeveloped and even developed countries to achieve the goals of treatment This paradox has been described in many sources the surge of scientific advances contrast with an unprecedented amount of human suffering Thus a patient centered and an evidence

based approach with the capacity to produce measurable clinical and economic outcomes is required The purpose of this textbook is multiple to offer a comprehensive resource covering all aspects of outpatient management to address diabetes as a health problem from an epidemiological economic and clinical perspective to discuss the role of social determinants of health on the worldwide increase in diabetes to highlight the challenges and obstacles in providing adequate care and to outline a multidisciplinary approach to management in which medical visits retain their importance as part of a team comprising the patient his or her family and a multidisciplinary group of health professionals who are able to move beyond the traditional approach of diabetes as a disease and greatly improve outcomes

Nurses' Guide to Teaching Diabetes Self-Management, Second Edition Rita G. Mertig, 2012 Print CourseSmart [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

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