

Type 2 Diabetes

QUICK GUIDE

WHAT TO EAT

WHOLE GRAINS

- WHOLE WHEAT OR LINGUINE PASTA
- QUINOA
- WILD RICE
- 100% WHOLE-GRAIN
- CORNMEAL
- OATMEAL
- BARLEY



VEGETABLES

- BROCCOLI
- CARROTS
- GREENS
- PEPPERS
- TOMATOES
- POTATOES
- CORN
- GREEN PEAS
- GARLIC
- ZUCCHINI
- ASPARAGUS
- CUCUMBER
- ONION
- SPINACH
- BEETS
- CAULIFLOWER



FRUITS

- APPLES
- AVOCADOS
- BLANDBERRIES
- CHERRIES
- GRAPES
- PEACHES
- PINEAPPLE
- KIWI
- ORANGES
- PLUMS
- STRAWBERRIES



DAIRY

- PARMESAN
- BACON
- COTTAGE CHEESE
- LOW FAT MILK
- SOY MILK
- LOW FAT YOGURT
- RICOTTA
- PLAIN YOGURT



MEAT/PROTEIN

- SKINLESS, NONFATTY CHICKEN BREAST OR STEAK
- SALMON, BASS, TUNA, AND OTHER OILY FISH
- EGGS
- WHITE FISH FILLETS
- SKINLESS TURKEY BREAST
- TOFU



BEANS/LEGUMES

- BLACK BEANS
- KIDNEY BEANS
- PINTO BEANS
- BAKED BEANS
- LENTILS
- CHICKPEAS
- PEA
- TOFU



CONDIMENTS

- VINEGAR
- OLIVE OIL
- MUSTARD
- ANY SPICE OR HERB
- ANY VARIETY OF EXTRACTS
- HOT SAUCES
- SALSA



BEVERAGES

- UNWEETENED-ICE TEA
- HOT TEA
- UNWEETENED-COFFEE
- LOW FAT MILK
- SOY MILK
- UNWEETENED-PLANT-BASED MILK
- SPARKLING WATER



WHAT TO AVOID

PACKAGED AND FAST FOODS

- CHIPS
- FRENCH FRIES
- MICROWAVE POPCORN
- PROCESSED MEAT
- CONVENIENCE MEALS
- SOY SAUCE
- WHITE BREAD
- WHITE RICE
- RIGID PASTA
- FROZEN PIZZA



HIGH SODIUM FOODS

- SALT BUTTER
- SALTY BUTTER
- SALTY BUTTER
- HOT SAUCE
- BAKED MEAT
- SALT BUTTER (BUTTER, CHICKEN)



FRUITS

- CANNED FRUITS WITH HIGH SUGAR
- FRUIT JUICES
- SWEETENED FRUIT JUICES
- CONCENTRATED FRUIT JUICES
- HIGH SUGAR FRUIT CORNMEAL



FULL-FAT DAIRY

- WHOLE MILK
- PROCESSED CHEESE
- BUTTER
- PROCESSED CHEESE
- SALTY CHEESE (FETA AND BACON)
- SOY CREAM
- FROSTED FLAVORED YOGURT



HIGH FAT MEAT

- FATTY CUTS OF PORK, BEEF, LAMB
- POULTRY SKIN, DARK MEAT CHICKEN
- HIGH FAT BACON
- HIGH FAT SAUSAGE
- BEEF FRIES
- HOT DOGS



SWEETS

- CANDY
- COOKIES
- BAKED COOKIES
- ICE CREAM
- SWEETS SUCH AS CAKES
- CHOCOLATE BARS
- SODA



SWEETENERS

- TABLE SUGAR
- BROWN SUGAR
- HONEY
- MAPLE SYRUP
- PEANUT BUTTER
- SYRUP



SUGAR SWEETENED BEVERAGES

- JUICE
- SODA
- SODA
- SWEET TEA
- SPORTS DRINKS
- FLAVORED COFFEE DRINKS



THIS PAGE SHOWS A FEW EXAMPLES OF TYPE 2 DIABETES FOOD RECOMMENDATIONS. ALWAYS CONSULT A DOCTOR OR NUTRITIONIST FOR FURTHER ADVICE ON YOUR DIETARY REQUIREMENTS.

You On A Diet Reference Guide

Marcus Laux, Melissa Block



You On A Diet Reference Guide:

DIETSYS Version 3.0 User's Guide, 1994 *Veterinary Technician and Nurse's Daily Reference Guide* Mandy Fults, Kenichiro Yagi, 2022-01-19 The revised and expanded new edition of this classic reference to daily skills used by veterinary technicians *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline* provides rapid access to the information veterinary technicians need in clinical practice With an easy to use tabular format the book covers diagnostic and patient care skills diseases and conditions preventive care anatomy anesthesia and all other major areas of veterinary technician education and training Chapters written by experienced veterinary specialists integrate charts tables and concise explanatory text to enable quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its relation to veterinary nursing Expanded and updated coverage includes novel therapeutics in dermatology vaccination standards pain assessment and management stress free handling and nursing care strategies RECOVER CPR guidelines and more Equally useful in the classroom and in the clinic this popular quick reference guide Provides new and updated content including coverage of advancements in diagnostic capabilities and of pharmacologic agents used in treatment and management of disease states Contains hundreds of clear illustrations and high quality photographs Includes a comprehensive table of contents in each chapter Features a companion website with forms and worksheets self review questions vocabulary flashcards links to online resources and PowerPoint slides *Veterinary Technician and Nurse's Daily Reference Guide Canine and Feline Fourth Edition* remains an invaluable resource for both student and practicing veterinary technicians and nurses of all skill and experience levels

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Gluten Free College Student Cookbook Joanne Bradley, 2009-07-28 This book takes the fear out of going to college gluten free With over 201 fast and flavorful gluten free and casein free recipes designed for dorm and apartment living it is a comprehensive guide for all gluten free teens and college students The recipes include substitutions for dairy and vegan foods nutritional information and unique directions for different appliances Special sections on learning to cook appliances and cook's wares for the dorm chef

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long term strategy to restore physical and mental energy Packed with practical tools and easy to implement advice this book empowers you to rediscover your energy and thrive through midlife and beyond **User's Guide to Weight-Loss Supplements** Dallas Clouatre,2003-01-01 Overweight and obesity have now reached epidemic proportions However this guide will teach you how to sort through all the fads and supplements and successfully lose weight Dr Dallas Clouatre cuts through the conflicting and confusing information about weight loss diets and supplements providing clear advice about what works the foods and supplements for losing weight and keeping it off

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