

17 x 11

Diabetes Quick Food Guide

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
- CELERY
- ONION
- SPINACH
- BEETS
- CAULIFLOWER



FRUITS

- APPLES
- AVOCADO
- BLACKBERRIES
- CHERRIES
- GRAPES
- PEACHES
- PINEAPPLE
- RASPBERRIES
- STRAWBERRIES
- ORANGES
- PLUMS
- LEMON
- LIME
- MANGO
- PINEAPPLE
- PEACHES
- PINEAPPLE



DAIRY

- PASTEURIZED
- SMOOTH
- COTTAGE CHEESE
- LOW FAT MILK
- SKIM MILK
- LOW FAT CREAM
- WHOLEMILK
- PLAIN YOGURT



MEAT/PROTEIN

- SKINLESS, BONELESS CHICKEN BREAST OR STEAK
- SALMON, BASS, TUNA, AND OTHER OILY FISH
- EGGS
- WHITE FISH FILLETS
- BONELESS 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
- SKIM MILK
- UNWEETENED-PLANT-BASED MILK
- SPARKLING WATER



WHAT TO AVOID

PACKAGED AND FAST FOODS

- CHIPS
- FRENCH FRIES
- MICROWAVE POPCORN
- PROCESSED MEAT
- CONJUGATED SAUCE
- SODA (SUGAR-COATED)
- WHITE BREAD
- WHITE RICE
- REGULAR PASTA
- FROZEN PIZZA



HIGH SODIUM FOODS

- SALTY BUTTER
- SALTY OIL
- SALTY PROTEIN
- HOT SAUCE
- BAKED SAUCE
- SALTY MEAT (BACON, CHICKEN)



FRUITS

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



FULL-FAT DAIRY

- WHOLE MILK
- PROCESSED CHEESE
- BUTTER
- PROCESSED CHEESE
- SALTY CHEESE (FETA AND BACON)
- WHIP CREAM
- FRUIT 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
- DONUTS



SWEETENERS

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



SUGAR SWEETENED BEVERAGES

- JUICE
- 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.

**** Print or use Digital ****

Your Guide To Diabetes

Mira Skylark, AI



Your Guide To Diabetes:

Your Guide to Diabetes Type 1 and Type 2 National Institute of Health, 2014-05-15 This book is a B W reprint of the government agency publication You can learn how to take care of your diabetes and prevent some of the serious problems diabetes can cause The more you know the better you can manage your diabetes Share this booklet with your family and friends so they will understand more about diabetes Also make sure to ask your health care team any questions you might have Drawing of a woman and girl eating You can learn how to take care of your diabetes What is diabetes Diabetes is when your blood glucose also called blood sugar is too high Blood glucose is the main type of sugar found in your blood and your main source of energy Glucose comes from the food you eat and is also made in your liver and muscles Your blood carries glucose to all of your body s cells to use for energy See the Pronunciation Guide for tips on how to say the words in bold type Your pancreas an organ located between your stomach and spine that helps with digestion releases a hormone it makes called insulin into your blood Insulin helps your blood carry glucose to all your body s cells Sometimes your body doesn t make enough insulin or the insulin doesn t work the way it should Glucose then stays in your blood and doesn t reach your cells Your blood glucose levels get too high and can cause diabetes or prediabetes Over time having too much glucose in your blood can cause health problems *Your Guide to Diabetes: Type 1 and Type 2* U. S. Department of Health and Human Services, National Institutes of Health, National Institute of Kidney Diseases, 2012-07-11 The National Institutes of Health Publication 09 4016 Your Guide to Diabetes Type 1 and Type 2 addresses diabetes and how you can learn how to take care of your diabetes and how to prevent some of the serious problems that diabetes can cause You may want to share this booklet with your family and friends so they too will understand more about diabetes and how they can help you live a healthy life And remember you can always ask your health care team any questions you might have Diabetes means your blood glucose also called blood sugar is too high Your blood always has some glucose in it because your body needs glucose for energy to keep you going But too much glucose in the blood isn t good for your health Glucose comes from the food you eat and is also made in your liver and muscles Your blood carries the glucose to all the cells in your body Insulin is a chemical also called a hormone made by the pancreas The pancreas releases insulin into the blood Insulin helps the glucose from food get into your cells If your body doesn t make enough insulin or if the insulin doesn t work the way it should glucose can t get into your cells It stays in your blood instead Your blood glucose level then gets too high causing prediabetes or diabetes This book will help you to learn the things you can do each day and during each year to stay healthy and prevent diabetes problems **Your Guide to Diabetes** ,2011 **Prediabetes: A Complete Guide** Jill Weisenberger, 2018-05-22 Nearly 10 million people in the United States have been told by their doctor that they have prediabetes with tens of millions more estimated to have prediabetes and not know it In fact the latest numbers from the CDC suggest that nearly 1 in 3 adults currently have either prediabetes or diabetes These are alarming numbers and finding out that you are that one out of three can be even more

alarming Shock denial and confusion are not uncommon reactions But there is a flipside to learning you have prediabetes It s scary but it also means you ve caught the condition just in time before it s too late Prediabetes does not mean you will develop diabetes There are actions you can take to improve your health Prediabetes A Complete Guide will reveal to you in detail what these actions are and empower you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals Written by Jill Weisenberger a registered dietitian nutritionist certified diabetes educator certified health and wellness coach and author of the American Diabetes Association bestselling book Diabetes Weight Loss Week by Week this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle related chronic diseases Taking an individualized approach to your lifestyle reset this book will allow you to choose your own path to wellness help you gain a greater sense of wellbeing boost your confidence in your abilities to maintain a healthful lifestyle and potentially even help you reverse prediabetes and avoid type 2 diabetes and other chronic illnesses You ll be feeling better than you have in years Inside you will learn to Identify your risks for developing type 2 diabetes Set personalized and meaningful behavioral goals Identify and build on your motivation for a lifestyle reset Create positive new habits Change eating habits for weight loss and greater insulin sensitivity Choose wholesome foods in the supermarket and when away from home Tweak your favorite recipes Reduce sedentary time Start or improve upon an exercise plan Reduce emotional eating Organize and track your progress with tools included in the book Much more Prediabetes can be scary but it s also a huge opportunity an opportunity to reset to improve your health and to get yourself in better shape than ever Let Prediabetes A Complete Guide show you how *Your guide to diabetes* ,2013

Diabetes and Wellbeing Jen Nash,2013-03-05 Diabetes and Wellbeing presents a range of effective psychological principles proven to positively impact the emotional wellbeing of individuals with type 1 and 2 diabetes The guide takes an explicitly CBT approach to motivate sufferers in essential self care tasks Written in a practical style for those newly diagnosed with diabetes individuals managing its challenges for many years and healthcare professionals Reveals how the stress of daily diabetes management can affect an individual s ability to stay motivated and engaged in essential self care tasks that are vital for good health Presents proven techniques for improving emotional wellbeing First book to take an explicitly CBT approach to diabetes simultaneously drawing on solution focused behavioural therapy and mindfulness approaches Fills the gap information of this kind among healthcare professionals and individuals with diabetes The Encyclopedia of Autoimmune Diseases Dana K. Cassell,Noel R. Rose,2014-05-14 A comprehensive guide to diseases of the immune system listing names symptoms research treatments available and more *(Un)doing Diabetes: Representation, Disability, Culture* Bianca C. Frazer,Heather R. Walker,2022-01-21 While the 21st century insulin crisis provokes protest and political dialogue public conception of diabetes remain firmly unchanged Popular media representations portray diabetes as a condition couched in lifestyle choices In the groundbreaking volume Un doing Diabetes authors destabilize depictions so

powerful so subtle and so unquestioned that readers may find assertions counterintuitive Undoing Diabetes is the first collection of essays to use disability studies to explore representations of diabetes across a wide range of mediums from Twitter to TV and film to theater fiction fanfiction fashion and more This disability studies approach to diabetes locates individual experiences of diabetes within historical and contemporary social conditions In undoing diabetes authors deconstruct assumptions the public commonly holds about diabetes while writers doing diabetes present counter narratives community members create to represent themselves This collection will be of interest to scholars activists caregivers and those living with diabetes

Your Guide to Getting Fit Ivan Kusnitz,Morton Fine,1991-02 This is a practical guide to understanding fitness and developing a successful personal fitness program It provides basic physiological information and outlines the fitness process allowing the instructor to serve as advisor while the student creates his or her own fitness program

The Medical School Interview Frank M. Harritt,Jeremiah Fleenor,2011-02-16 Fully revised The Medical School Interview shows how to address bad grades including GPA or MCAT what to wear how to deal with and address ethical questions and other aspects of meeting with admission committees

List of Classes of United States Government Publications Available for Selection by Depository Libraries ,2007

Joy Bauer's Food Cures Joy Bauer,Carol Svec,2011-08-02 Comprehensively updated with cutting edge research and expertise from one of the country's foremost nutritionists Joy Bauer's Food Cures shows you how common health concerns from beauty issues to life threatening diseases can be managed treated and sometimes even cured by the foods you eat Inside you will find easy to follow 4 step food prescriptions customizable and convenient meal plans and delicious recipes for your favorite meals and snacks With Joy's wisdom and practical medically sound advice you will learn how to use food as nature's ultimate medicine

Sugar Detox Mira Skylark,AI,2025-03-18 Sugar Detox sheds light on the pervasive issue of hidden sugars in our daily diets offering a practical guide to reclaiming control over your health and well being It emphasizes the importance of understanding how excess sugar contributes to energy crashes weight gain and even conditions like insulin resistance and type 2 diabetes The book uniquely empowers readers to navigate misleading food labels and marketing tactics providing the knowledge needed for healthier choices This self help resource progresses by first revealing where hidden sugars lurk in common foods then delves into managing sugar cravings through mindful eating and dietary adjustments It offers personalized meal planning grocery shopping strategies and cooking tips all supported by scientific research A key insight is that processed foods with their added sugars have dramatically increased sugar consumption since the mid 20th century Ultimately Sugar Detox provides a sustainable approach to reducing sugar intake improving energy levels and enhancing cognitive function Avoiding restrictive diets the book focuses on practical long term lifestyle changes making it an invaluable tool for anyone seeking a healthier more balanced life

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101 Careers in Nursing Jeanne M. Novotny, Nicole Sanders, 2003-08-21 Few careers offer the advantages that nursing offers flexibility room for growth satisfaction from helping others And there is a desperate need for nurses demand will exceed supply for some time to come This concise volume provides an overview of what s possible in a nursing career It profiles 101 different types of nursing careers including a basic description education requirements skills needed compensation and related web sites and professional organizations Personal stories from the practicing nurses highlight the content Students career changers and RNs looking for new opportunities will find a wealth of information in this volume

Through a Guide's Eye James Docky Smith, 2017-08-25 It is hoped that the reader will enjoy comparing his own skills and experiences with those described within He will be at liberty to pick out any of the many covered topics at will at one time or another not having to read from beginning to the end at one time Topics covered in a pleasantly casual style as though you are out there yourself range from all bonefish things material to actual fishing events and to the fishing industry s abstracts for example the environments fishing regulation Additional amusement may be found in some of the author s stories about earlier island life his own and that of two family generations back in time *Medical Nutrition and Disease* Lisa Hark, Darwin Deen, Gail Morrison, 2014-11-03 Medical Nutrition and Disease A Case Based Approach is an ideal way for medical students physician assistant students dietetic students dietetic interns and medical residents to advance their nutrition knowledge and skills Dietitians in clinical practice and dietetic educators will also benefit from the updated nutrition concepts and case based approach The 5th edition of this best selling text has been fully updated and includes 13 chapters and 29 cases with 6 brand new cases Medical Nutrition and Disease Features learning objectives and current references in every chapter and case Teaches you how to diagnose and manage nutritional problems integrate nutrition into clinical practice and answer your patients most common questions Includes nutritional advice for children teenagers pregnant women and older adults Includes contributions from nationally recognized nutritionists and physicians who teach nutrition in medical schools and undergraduate and dietetic programs **Doing Diabetes Differently** Chad T. Lewis, 2022-09-20 Get off the blood sugar roller coaster With *Doing Diabetes Differently* Chad Lewis offers down to earth perspectives and approaches for all who struggle with diabetes Lewis combines years of research with firsthand experience

as he covers sometimes provocatively the mental nutritional exercise and drugs and devices aspects of the disease To present additional perspectives the book includes commentaries from notable experts in the diabetes community Among the topics covered are Why the current hierarchy of diabetes care isn't working A mental framework that goes beyond just treating symptoms of diabetes distress Why going on a diet is futile and what dietary alternatives work How to make the right exercise more achievable Why less is more when it comes to diabetes drugs and how to best use diabetes devices Doing Diabetes Differently isn't another how to guide Instead it's a place to discover a diabetes answer a question to ask a care provider to get one or a reference to consult to find one If you're frustrated and want a way to do diabetes differently and better for yourself or someone you care for this life changing book is for you **Cardio Fitness** Sophie

Carter, AI, 2025-03-18 Cardio Fitness explores the critical role of cardiovascular health emphasizing that habits formed early in life significantly impact lifetime well-being The book highlights the physiological benefits of endurance training detailing how it strengthens the heart and improves overall fitness Readers will discover that proactive measures such as regular exercise and a balanced diet are essential for heart disease prevention especially during adolescence and young adulthood Did you know that establishing heart healthy habits early can drastically reduce the risk of cardiovascular diseases later in life The book progresses logically starting with the fundamentals of cardiovascular health and exercise physiology It then transitions to practical strategies for building heart healthy habits including nutrition and stress management This approach empowers readers to take control of their well-being by integrating these principles into their daily lives By presenting clear explanations of complex concepts and drawing from scientific research Cardio Fitness serves as a valuable resource for anyone seeking to understand and improve their cardiovascular health

Whispering the Strategies of Language: An Psychological Journey through **Your Guide To Diabetes**

In a digitally-driven earth wherever screens reign great and quick interaction drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases usually get unheard. Yet, located within the pages of **Your Guide To Diabetes** a fascinating fictional value pulsing with organic emotions, lies a fantastic journey waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus encourages visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the emotional depths with this touching evaluation, we will embark upon a genuine exploration of the book is core subjects, dissect its charming publishing design, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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