

## DIETARY GUIDANCE FOR TYPE 2 DIABETES

**Your daily carbohydrate limit is: 45 grams**  
**grams of carbohydrates – grams of fiber = total carbohydrates to count for the food**  
**myfitnesspal is another helpful tool**

### PROTEIN

- **Meat: try not to include red meat in more than 3 meals per week**
  - When eating meats they should be organic, pasture raised, grass-fed/grass-finished. Avoid cheaper agri-industry meat and highly processed meats with nitrates and other chemicals.
  - Chicken, turkey, beef, buffalo, venison, lamb, pork
  - Best to cook by roasting or baking
- **Fish: aim to eat around 2-3 times per week**
  - Wild Alaskan salmon (canned too), herring, wild cod, trout, sardines, halibut, tilapia
  - Avoid these fish due to high mercury and toxin content
    - Tuna, farm-raised salmon (Atlantic salmon), catfish, mackerel, sturgeon, swordfish, shark
  - Other seafood OK to eat:
    - shrimp, clams, mussels, crab, lobster
- **Eggs**
  - Organic Omega-3 or Pasture-raised are the best
  - Cook by hard or soft boiling, sunny side up, or poached
- **Plant based sources:**
  - Beans and lentils (watch portion sizes on these)
    - Use Beano if you have difficulty digesting, start with smaller portions to assess tolerance level and gradually increase. Aim for at least ½ cup per day.
    - Canned organic beans (Eden Organics uses BPA free cans)
    - Great source of fiber!!
  - Soy (should be organic non-GMO)
    - Edamame, tofu, tempeh
    - Avoid soy protein isolate, it's highly processed
  - Nuts and nut butters
    - Almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds, hazelnuts, brazil nuts, pecans
    - Avoid cashews and nut butters with added sugar and partially hydrogenated oils
  - Flax and chia seeds
- **Dairy: buy organic if possible and products made from grass-fed/grass-finished cows**
  - Cheese should be lower fat products
  - Yogurt- plain, you can add your own fruit. Avoid the ones with sugar added.
  - Avoid: creams due to high fat content, milk, cottage cheese

### VEGETABLES

- Aim to eat 2-5 cups a day. A large salad for one meal per day is a great goal.
- Stir fry, steam, or bake- Avoid canned, boiled, or microwaving
- Emphasize dark leafy greens- romaine, spinach, kale, arugula, cabbage, collard greens, beet greens, mustard greens, parsley
- Broccoli, cauliflower, brussel sprouts, radish, cabbage (cruciferous)
- Asparagus, celery, cucumber, zucchini, peppers, garlic, chives, and many more!
- AVOID due to high carb content: beets, carrot, tomatoes, winter squash, eggplant, potatoes, yams, onions

## **GRAINS**

- This is your biggest restriction, limit as much as possible
- Almond meal is a low carb alternative, keto flour
- **Avoid**: cereals, pasta/noodles, bread, pancakes, pastries, rolls, rice, corn
- Always use 100% whole grains: Brown rice, quinoa, oats, wheat, spelt, amaranth, buckwheat

## **OILS/FATS**

- Organic unrefined coconut oil
- Organic extra virgin olive oil
- Walnut oil
- Flax oil (use raw- do not cook)
- Sesame oil
- Refined or high oleic/monounsaturated safflower oil
- Organic butter (best from grass-fed/grass-finished cows)
- Avocados and avocado oil
- Flax and chia seeds
- **Avoid** canola oil, margarines, anything with partially hydrogenated oils (trans fats, vegetable fat/shortening), fully hydrogenated, and interesterified oils
- Refrigerate all oils except, olive oil, avocado, and coconut oil

## **FRUITS**

- ¼ cup to ½ cup max of berries per day is the best option
- Fruits in general should be limited due to high carb/sugar content

## **BEVERAGES**

- **Water**- half your body weight in ounces every day!
- **Alternative milks**- (UNSWEETENED) almond, soy, coconut, rice, hazelnut, hemp, etc.
- **Tea**- herbal, green, limit black tea
- **Coffee**- limit to a max of 1-2 cups per day
- **Alternative sodas**- Zevia, Virgil Zero, Blue Sky Free
- **Alcohol**- none or one drink per day
- **Avoid**- sweetened beverages: soda, sweetened iced tea drinks, sweetened fruit drinks, Gatorade, and anything with artificial coloring

## **SWEETS/SUGAR**

- Natural sweeteners/sugar alternatives are OK
  - Stevia (liquid or powdered form), Truvia, Erythritol, Xylitol
- **AVOID**: white/brown sugar, honey, agave, and artificial sweeteners
  - Sucrose, cane juice, glucose, fructose, high fructose corn syrup, dextrose, maltose, corn syrup, malted barley syrup, turbinado sugar, molasses, 100% maple syrup, date sugar, brown rice syrup, coconut sugar