

DIABETES TYPE 2

FOOD GUIDE



Shaping *You* Fitness

FOODS TO INCLUDE

FOODS TO AVOID

VEGETABLES

- Asparagus
- Avocados
- Beetroot
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Eggplant
- Green Beans
- Kale
- Pak Choi
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini

VEGETABLES

- Canned Vegetables (high-sodium)
- Canned Soup (high-sodium)
- French Fries
- Pickles (high-sodium)
- Sauerkraut (high-sodium)
- Kabocha

FRUITS

- Apples
- Bananas
- Berries
- Cherries
- Grapes
- Grapefruit
- Lemon
- Oranges
- Pears
- Strawberries

FRUITS

- Canned Fruits (high-sugar)
- Dried Fruits
- Applesauce (sweetened)
- Jelly
- Jam
- Fruit Rolls
- Fruit Cups
- Raisins

DAIRY

- Butter (unsalted)
- Cheese (low fat)
- Cottage Cheese
- Cream Cheese
- Milk unsweetened (almond, 1%, skim, soy)
- Sour Cream (non-fat)
- Yoghurt (plain)

DAIRY

- Butter (high-sodium)
- Cheese (regular)
- Ice Cream
- Milk (whole)
- Sour Cream (regular)
- Yoghurt (sweetened)

PROTEIN

- Turkey
- Beef (lean)
- Chicken (Skinless)
- Eggs
- Lamb
- Unflavored Protein (whey, Vegan, Isolate)
- Salmon
- Tofu
- Tuna
- Seafood
- White Fish

PROTEIN

- Bacon
- Beef Jerky
- Canned Beans
- Deli Meat
- Fried Fish
- Fried Meat
- Hot Dogs
- Sausages

GRAINS

- Carbonaut Bread
- Barley
- Ancient Grain
- Flour (Millet)
- Lentils
- Oatmeal
- Quinoa
- Rice (Wild)

GRAINS

- Bread (white)
- Cereal (high-sugar)
- Flour (white)
- Pastries
- Rice (white)
- Pasta (white)
- Tortilla (white)

DRINKS

- Beer (light)
- Coffee & Tea (unsweetened)
- Sparkling Water
- Water (unsweetened)

DRINKS

- Beer (regular)
- Coffee (flavoured)
- Fruit Juice
- Energy Drinks
- Soda