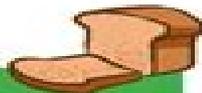


Type 2 Diabetes Quick Food Guide

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)	Rye (Light, Dark, Whole Grain)
Pumpkinseed	Stone Ground Whole Wheat

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 Psyllium Cereal	
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 (MF)
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

Guide Let For Diabetes

Shasha Hu



Guide Let For Diabetes:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Guide Let For Diabetes**

In some sort of inundated with screens and the cacophony of fast conversation, the profound power and psychological resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, set within the musical pages of **Guide Let For Diabetes**, a charming perform of literary brilliance that pulses with organic emotions, lies an unique trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this exciting opus manuals visitors on a mental odyssey, softly exposing the latent possible and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect its fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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