

Type 2 Diabetes

What to Eat



Vegetables

Broccoli
Spinach
Kale
Cauliflower
Bell peppers
Carrots
Green beans
Brussels
sprouts
Cucumbers
Tomatoes

Fruits

Apples
Pears
Peaches
Grapefruit
Oranges
Kiwi
Mango
Papaya

Beverages

Unsweetened coffee
Unsweetened iced tea
Vegetable juice
unsweetened milk
Sparkling water

Dairy

Skim or low-fat milk
Unsweetened yogurt
Kefir
Soy milk
RECCOTTA

Nuts and seeds

Avocado
Olive oil
Almonds
Walnuts chia seeds
Flaxseeds
Fatty fish
Coconut oil

Whole grains

Brown rice
Quinoa
Barley Oats
Buckwheat
Bulgur
Farro
Whole wheat
Spelt
Millet

Fats & Protein

Skinless Chicken
Turkey
Fish
Tofu
Lentils
Beans
Chickpeas