Eat This Not That: Type 2 Diabetes Edition

Foods To Eat:

Foods To Avoid:



Whole Grains
Brown Rice
Quinoa
Oats

High Sodium Foods

Microwave
 Meals



Farro Whole Grain Bread/Pasta

Canned Soup Instant Gravy Condiments



Vegetables
 Broccoli

- Corn
- Beets
- Potatoes
- Carrots

Saturated Fats
Bacon
Sausage
Deli Meat
Butter



Squash Tomato

Cheese



Low Fat Dairy Greek Yogurt String Cheese Plant-Based Milk Lowfat Milk

Sweets Ice Cream Candy Cookies Doughnuts Cake





Beverages
Water
Vegetable Juice
Homemade lced Teas Beverages
Sugary Fruit Juices
Soda
Alcohol
Energy Drinks

