Type 2 Diabetes Diet Food List
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IMPORTANT HEALTH NOTICE

Before starting a lower carbohydrate diet, it is highly recommended to seek the advice and support of your doctor and health care professionals.

Please be advised that if you currently take medications or insulin you may need to reduce these as you reduce your carbohydrates intake, and you will need the advice and assistance of your doctor or health professional to do this and avoid the risk of hypoglycemia.
Hi There,

My name is Jedha and I’m the founder of Diabetes Meal Plans.

I’m a nutritionist, published researcher, writer, and speaker, and my specialty is in the area of stress, inflammation, and anti-inflammatory diets.

I did my Masters thesis around the topic of nutrition and inflammation and since then have become passionate about the power of an anti-inflammatory approach for almost everyone, including people with diabetes.

There is just more and more science pointing to diabetes as an inflammatory condition that puts all your organs and cells out of balance.

So, if you’ve been trying to get your condition under control without much luck, it could be because you are not focusing on reducing inflammation.

You’re probably just focusing on carbs or maybe losing weight, right?

Carbs and weight loss are important, but the quality of all the other foods we eat is VERY important too.

In our work with clients we’ve discovered that a ‘real food’ approach to eating has helped control diabetes the most, because it rapidly helps to reduce inflammation.

That’s why I’ve put together this food list.

So it can help you get started toward effectively lowering your blood sugar and A1C and reduce inflammation as well. This means in the long term that you’ll get better results, and I’m sure that’s what you want.
What do you mean by inflammation exactly?

Okay, we’re about to get a little geeky here, okay...

Imagine you cut yourself, it may bleed for a while and then the area swells and gets red, that’s inflammatory molecules in the body doing their job of healing.

Inflammation is a natural healing response.

BUT…in our modern lives, our bodies are under a lot more ‘unnatural’ stress, our modern busy lives, our modern fast food packaged diet, toxins and chemicals in our environment, lack of sleep, it’s coming at us from every direction and our body has to deal with it.

What we can’t see under the surface, in our organs and cells is that our immune system is reacting to these things all the time. It’s promoting a ‘healing’ response because our body is under pressure.

But because the stimulus never stops, the inflammation gets out of control leading to the development of disease and increasing the severity of symptoms as well.

For example, weight gain is a problem for many of us, and weight loss hard as well. Fat cells produce lots of inflammatory molecules; those inflammatory molecules influence the liver and muscles promoting insulin resistance.

And immune cells in the body called macrophages invade the pancreas and contribute to the destruction of the pancreatic beta cells.

Trust me, if you’re surprised I don’t blame you. The more research I do in the area of inflammation, the more I discover how it is involved in our health.

Thankfully, one of the most powerful tools we have to help turn inflammation and diabetes around is what we eat.

And this food list is a great place to start.

You’ll also be hearing from me via email with more tips and tricks to help you put this food list into every day action – a list is no use if we don’t know how to use it!

All the best,

Jedha Xx

P.S. Dietary changes always take time so never give yourself a hard time. Just do something every day to move in the right direction. Small things always accumulate and add up to BIG results over time.
Type 2 Diabetes Diet Food List

Use this food list to create a healthy menu that will help you control blood sugar, A1C, lower inflammation, and improve your health dramatically.

PROTEIN

Lean Meats

Beef, veal, flank steak, ground beef mince, sirloin steak, chuck steak, lamb, etc.

Pork

Lean cuts of pork; pork chops or loin.

Poultry

Chicken, turkey, duck, quail, goose.

Fish

Tuna, salmon, cod, trout, bass, flatfish, whitehead, mackerel, herring, eel, haddock, red snapper, trout, drum, walleye, sardines and so forth.

Seafood

Crab, lobster, prawns, shrimp, oysters, mussels, clams, scallops, abalone, crayfish.

Game Meats

Venison, wild boar, kangaroo, deer, pheasant, moose, wild turkey, alligator, emu, ostrich, elk, bison, turtle. Many people don’t eat these types of meats but you can eat them if you like them. We don’t include these in our meal plans.

Organ Meats

Beef, pork, lamb, chicken livers. Beef, pork, lamb, chicken tongues, hearts, brains. Beef, pork, lamb, chicken marrow, kidneys. Many people don’t eat these types of meats either but you can eat them if you like them, and they are very good sources of vitamins and minerals. Again, because many people don’t like these we don’t include them in our meal plans.

Eggs

Chicken, duck, goose, quail.

Dairy Products

Cottage cheese, cheddar, feta, ricotta, cream cheese, cream, a little yogurt and milk.
CARBOHYDRATES

Vegetables

Vegetables are ALWAYS at the top of the list and you should aim to eat at least 5-10 serves a day.

One serve of veggies is equal to half a cup of something like broccoli or cauliflower, and 1 cup of leafy veggies like kale or lettuce. So 2.5 cups of veggies is your daily minimum.

With diabetes, veggies need to be your predominant choice of carbohydrate. The great thing about that is they provide great nutritional value as they contain loads of fiber, vitamins, minerals, and other compounds like polyphenols that are beneficial to improving health.

Vegetables to choose from in abundance

Artichoke, asparagus, avocado, celery, carrots, tomatoes, beets (fresh), bell peppers, onions, leeks, kohlrabi, green onions, eggplant, cauliflower, broccoli, asparagus, cucumber, cabbage, Brussels sprouts, artichoke, okra, zucchini, yellow summer squash, swiss chard, radish, sugar snap peas (snow peas), mushrooms, green beans, and so forth.
Green Leafy Vegetables

Lettuce, seaweeds, alfalfa, bean sprouts, spinach, collard greens, kale, beet greens, mustard greens, dandelion, chives, fennel, swiss chard, watercress, turnip greens, rocket, endive, bok choy, chicory, radicchio, chinese cabbage, silverbeet.

Try and get some green leafy veggies into your daily routine.

Vegetables to eat in smaller amounts

Pumpkin, parsnip, turnip, celeriac.

Vegetables to avoid

Potato, sweet potato, yams, plantain.

Beans & Legumes

Black beans, broad beans, great northern beans, lentils, mung beans, navy beans, and pinto beans. Only eat small amounts of around 1/4 cup, which is about 30-40 g serve of beans and 20 g serve of lentils. These are great for inclusion in salads and stir-fry’s.

Beans and legumes are also great for sprouting and can be eaten in much larger portions as it reduces the carbohydrate content dramatically.

Eg:

- 1/4 cup cooked mung beans = 9.6 g total carbs, 6.1 g net carbs
- 1/4 cup sprouted mung beans = 1.5 g total carbs, 1 g net carbs

As a member, you’ll have access to our full food lists and cheat sheets to make things easier.

Fresh & Dried Herbs

Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander/cilantro, lemongrass, and so forth.

Spices and natural flavor enhancers

Ginger, garlic, galangal, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chillies, stevia, garam masala, cajun, five spice, and so forth. Always check the labels when buying spice blends as some of them contain sugar and additives.
**Pasta, rice, and noodles**

Konjac noodles or rice, kelp noodles, look out for low carb egg noodles or lower carb pasta options, or use things like sliced or shredded zucchini or cabbage to make noodles.

Make cauliflower rice instead of rice. These are all low carb/no carb options.

We've got lots of options and alternatives in our meal plans!

**Flours**

Almond flour or almond meal, coconut flour, chickpea flour, ground flaxseed meal, sesame flour, and gluten free flour (in small amounts to thicken sauces).

**Fruits**

Berries such as fresh raspberries, strawberries, blueberries, and cranberries are your best choices, eaten 1/2 cup per serve. Followed by stones fruits such as peaches and plums (1 small fruit per serve), grapefruit and cherries. We stick to using berries in our meal plans. Lemons and limes are fine too.

**Sugar Substitutes**

Our delicious desserts use berries, stone fruits, stevia, vanilla, carob, and coconut to naturally sweeten things.
FATS

Monounsaturated fats and in particular extra virgin olive oil has some amazing anti-inflammatory properties and has been shown to help lower cholesterol and have beneficial effects on blood glucose and A1C levels.

Foods to increase monounsaturated fat intake include:

- Oils such as – virgin olive, hazelnut, avocado, sesame, macadamia, organic sunflower, and almond oils.
- Avocado
- Green, black, or kalamata olives
- Nuts & seeds – macadamia nuts, hazelnuts, pecans, pumpkin seeds, sunflower seeds or butter, almonds or almond butter.
- Cocoa butter
- Tahini - sesame paste
- Fish - herring fish, cod liver oil, sardines, and cod fish

You also want to increase your intake of omega 3 fats.

- Canned or fresh salmon
- Canned sardines or herring
- Canned or fresh tuna
- Mackerel
- Chia seeds
- Flaxseeds

Other fats to enjoy in your plan:

- Full fat dairy products
- Coconut oil
- Butter

If you stick to these food sources as your main foods, then you will soon notice your health improve dramatically.

Looking to buy low carb diabetic foods? Check out this page

Our menus and meal plans take all these wonderful foods and put them into meals you will thoroughly enjoy!

RELAX...take the stress out of eating and become a VIP Club Member.