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 VIP Club 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 friendly foods?

Visit our Amazon Low Carb Food Store

Want to make everyday eating easier and lower blood sugar and A1C?

Our menus and meal plans take all these wonderful foods and put them into meals, menus and programs to help you!

- 30 Day Turnaround Program
- Menus and meal plans
- Food lists & cheat sheets
- Food & nutrition info
- Recipe database
- And loads more

RELAX…take the stress out of eating and join our VIP Members Club.