



Type 2 Diabetes/ Prediabetes Food List

FOR BETTER BLOOD SUGAR/A1C CONTROL CHOOSE LOW CARBOHYDRATE WHOLE FOODS

Foods to Eat

Vegetables to choose in abundance (low in carbohydrates, high in fiber): Alfalfa, artichoke, arugula (rocket) asparagus, avocado, bean sprouts, beet greens, bell pepper (capsicum), bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chayote (choko), chicory, choy sum, collard greens, cucumber, dandelion greens, daikon, eggplant (aubergine), endive, fennel, green beans, green onions, mushrooms, mustard greens, kale, kohlrabi, leeks, lettuce, okra, pak choi, radish, radicchio, rhubarb, scallions, seaweeds, silverbeet, shallot, spinach, sugar snap peas (snow peas), Swiss chard, tomatoes, turnip greens, watercress, yellow summer squash, zucchini (courgette). **(moderate in carbohydrates):** pumpkin, onions, winter squash, beets, turnip, celeriac, green peas, rutabaga/swede.

Fresh and dried herbs and spices (very low in carbohydrates): Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander/cilantro, lemongrass, ginger, garlic, galangal, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chili, stevia, garam masala, cajun, five spice, and so forth.

Protein sources (zero carbohydrates): Beef, chicken, turkey, duck, pork, game meats, fish, seafood, organ meats, eggs. **(Low carbohydrates):** cheese, nuts and seeds. Minimize intake of processed meats.

Healthy fats (zero/low carbohydrates): Healthy vegetable oils (olive, hazelnut, avocado, sesame, macadamia, high oleic sunflower, coconut, and almond oils), avocado, olives (green, black, or kalamata), nuts and seeds (macadamia nuts, almonds, hazelnuts, pecans, coconut, Brazil nuts, cashews, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds, flax seeds, or nut butters: peanut or almond butter, tahini etc).

Dairy products (low in carbohydrates): Cottage cheese, cheddar, feta, ricotta, mozzarella, halloumi, cream cheese etc. **(Moderate in carbohydrates):** milk, plain yogurt.

Sauces and condiments (lowest in carbohydrates): mayonnaise, aioli, soy sauce, pesto, guacamole, tomato paste, canned tomatoes, salsa, thousand island dressing, ranch dip, mustard, hollandaise sauce, bearnaise sauce, vinegars, vinaigrette, salad dressing, hot sauce.

Sugar substitutes: stevia, erythritol, tagatose, xylitol, monk fruit, vanilla extract, carob, coconut, fruits listed below.

Beverages: water, tea, coffee, herbal teas, homemade smoothies.

Foods in Moderation

Fruits to eat in small moderated portions (low/moderate in carbohydrates): Apricot (1), berries (1/2 cup) including strawberry, blueberry, raspberry, blackberry, cherries, cranberries (raw); cantaloupe/rockmelon (1/2 cup), clementine/mandarin (1), grapefruit (1/2 cup), guava (1), kiwifruit (1), lemon, lime, papaya (1/4 cup), passionfruit (1), peach (1), plum (1). Portions indicate maximum per serve. Only eat one portion per sitting and always eat fruit with a source of protein or fat.

Beans and legumes in small 1/4 cup portions (moderate to high in carbs): edamame (lowest in carbs, can eat up to 1/2 cup), lentils, chickpeas, kidney beans, adzuki beans, borlotti beans, mung beans, and so forth. NOTE: Some people cannot tolerate any beans and legumes. Sprouted beans and legumes are lower in carbs.

Processed meats: bacon, ham, sandwich meats, salami, chorizo, sausage, vegetarian meats.

Dairy: Cream, sour cream, butter.

Foods to Avoid / Minimize

High carb starchy vegetables: potatoes, sweet potatoes, yams, plantain, corn, turnips, kumara.

High carb fruits: banana, apple, orange, watermelon, pear, pineapple, nectarine, pomegranate, mango, grapes, dried fruit of all kinds.

Carb-heavy flour-based foods: bread, pasta, crackers, noodles, snack foods, cakes, muffins, pies, pastries, pizza, breaded and battered foods, breakfast cereals, bagels.

Carb-heavy meal bases: rice, pasta, bread, couscous, noodles, oats/ oatmeal, quinoa, barley.

Carb-heavy snack foods: crisps, chips, popcorn, crackers, muesli bars, snack bars, pretzels, rice cakes, granola bars, donuts, and so forth.

Sugar-filled foods: ice cream, sauces and condiments, cakes, cookies, candy, jams, jellies, chocolate, nutella, honey, molasses, maple syrup, agave, coconut sugar, dried fruit of all kind.

High carb beverages: soda/soft drinks, fruit juice, energy drinks, sports drinks, colored waters, vitamin waters, milkshakes.

Artificial sweeteners: aspartame, acesulfame potassium, saccharin, sucralose



**DIABETES
MEAL PLANS**

2 DAY SAMPLE MENU

Click images
for recipes

BREAKFAST



Roasted Nut Muesli

LUNCH



Chicken Salad Wrap

DINNER



Taco Tomatoes

SNACK



Peanut Butter Balls

BREAKFAST



Cheesy Egg Scramble

LUNCH



Zucchini Pizza Boats

DINNER



Chicken with Olive Paste

SNACK



Cheesy Pumpkin Puffs

DESSERT



Cheesecake



Raspberry Cream Pie

Join Us as a Member Today

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- ✓ Weekly Meal Plans
- ✓ Food Guides & Library

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WANT TO REDUCE BLOOD SUGAR, A1C, WEIGHT AND MEDICATION?

Following the food list above will help you get started toward achieving optimal results. For the best help and support to reach your goals, [JOIN US AS A MEMBER](#). It will be the best decision you ever make!



"I have to say thank goodness for DMP. When I found you my husband's A1C was 8.5, a few months later, his A1C is 5.8. I have found your service to be a lifesaver." ~**Vicki**

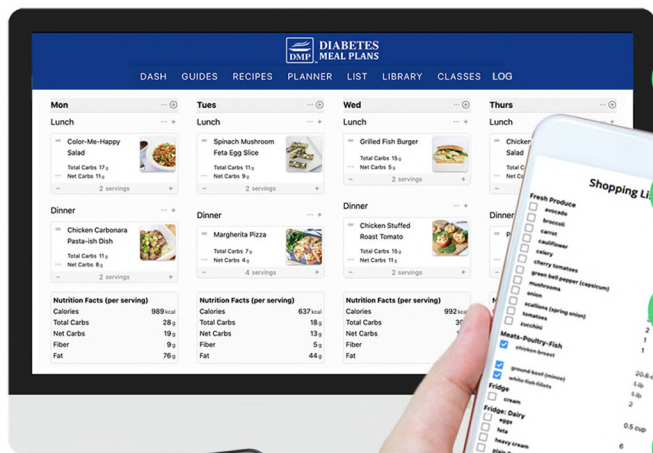


"My weight dropped 6 pounds (2.7kg), and my A1C dropped to 5.8! This was an all-time low for me. Best of all, my doctor reduced my daily amounts of metformin and glipizide by half. Four years on: at 70 years old, my HbA1C continues to be under control. I maintain lower medication." ~**Sheryl**



"I lowered HbA1c by 1.3% in 16 weeks, and my last three readings have been in the normal range, 5.6, 5.7 and 5.8. I'm almost off all medications now." ~**Dean**

DR JEDHA & THE DMP TEAM SHOW YOU HOW TO EAT TO TREAT DIABETES



Access Dr Jedha's scientifically proven T2Diet Program to reduce A1c, weight and medications in as little as 16 weeks



Receive delicious weekly meal plans and recipes to remove confusion from your eating plan and stay on track



Track your blood sugar levels and health progress and access proven resources that help you maximize results



A huge library at your fingertips with expert advice about foods, supplements and health topics, all specifically for type 2 diabetes and prediabetes



Join monthly member check ins to get personal support from our dietitians and nutritionists



Plus, lots more! Including smart meal planner, masterclasses, food guides, cheat sheets, member events, ongoing support!

