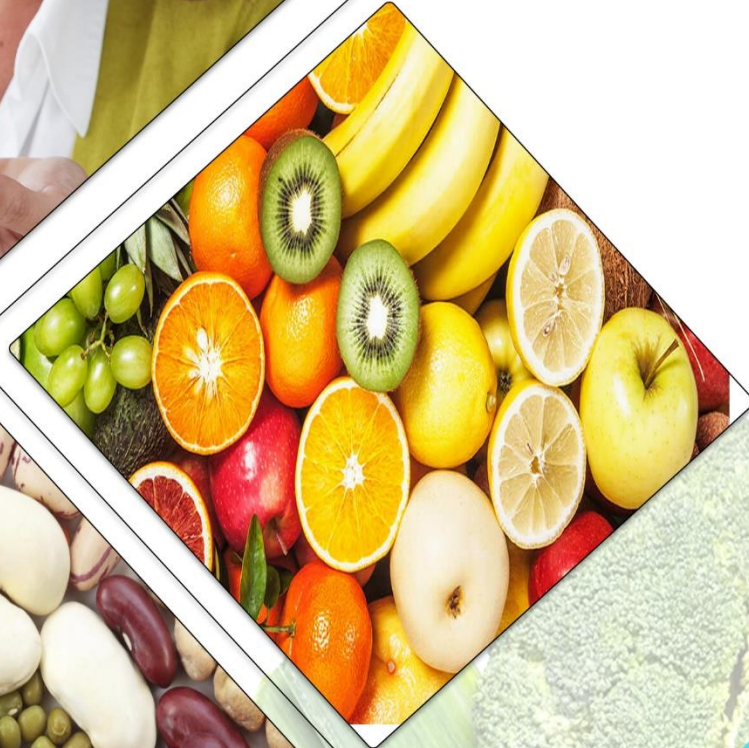


# **TYPE-2 DIABETES**



## **PATIENT DIET**





## BEST DIET FOR TYPE 2 DIABETES PATIENTS

If you're recently diagnosed with Type 2 diabetes, then for you maintaining a balanced and nutritious diet is very essential. This can help you manage your blood sugar levels and weight. However, giving up the foods that you might love can be a daunting task. But don't worry, know you don't worry, we'll help you to find the best food choices to match your taste and to manage your condition symptoms.

According to the American Diabetes Association, you should always read the nutrition facts label of the product before buying it. This can be the best method to know about the amount of carbohydrates and calories the food consists.

**Vegetables:** Any vegetable gave you excellent sources of vitamins, minerals and fiber. Eating a diet high in fiber and complex carbohydrates, present in many vegetables, can help a person feel fuller longer, helping to reduce the likelihood of overeating and leading to fewer issues with weight gain and blood sugar.

Some veggies to include in your diet:

- Green leafy vegetables
- Carrots
- Broccoli
- Peppers
- Tomatoes
- Potatoes
- Corn
- Green Peas

**Beans and lentils:** Legumes, beans and other pulses are a great source of dietary protein and fiber. Consuming these pulse family can help the digestive tract to absorb fewer carbohydrates than it does from low-fiber, high-carbohydrate foods.





List of legumes to choose from:

- Black beans
- Lentils
- White beans
- Kidney beans
- Pinto beans
- Garbanzo beans

**Fruits:** Everyone knows that fruits can have a high amount of sugar content, but the sugar in a whole fruit doesn't count as free sugar. Listing are some of the low glycemic load fruits that a type 2 diabetes person must include in their diet.

- Cherries
- Avocado
- Blackberries
- Apples
- Grapefruit
- Pears
- Plums
- Peaches
- Strawberries

**Whole grains:** Consuming whole grains can be very beneficial for people with diabetes to manage their blood glucose levels, due to their low glycemic index. You should avoid the intake of refined and bleached carbohydrates, such as white bread and pasta. Instead of that you can shop for the following listed food items.

- Whole wheat or legume-based pasta
- Cornmeal
- Millet
- Barley
- Amaranth
- Wild rice
- Quinoa
- Whole wheat or whole grain flour
- Oatmeal

**Dairy:** Dairy food items are full of necessary nutrients such as calcium and protein. It has been suggested by certain studies that dairy could have a beneficial impact on insulin release in individuals with type 2 diabetes.

Some of the best dairy options you can go with:

- Cottage cheese, parmesan and ricotta cheese
- Low fat and skim milk
- Plain yogurt or low-fat Greek yogurt

**Meat:** Proteins are very important for Type 2 diabetes patients. Like all the high fiber and fat foods, proteins are also slow to digest and only show some mild increase of blood sugar.

Here are some good sources of protein:



- 
- Hummus
  - Peas
  - Lentils
  - Falafel
  - Tempeh
  - Tofu
  - Edamame

- White fish fillet
- Skinless, boneless chicken strips and breast
- Salmon, tuna, sardines
- Eggs
- Turkey breast
- Plant-based proteins might include the following:
- Various types of beans

**Snacks:** A person can crave other tasty foods between meals, so a diabetic person can try the food choice mentioned below:

- Homemade popcorn over other packed and sweetened varieties
- Nuts
- Carrots or celery stick with some dips such as hummus, hot sauce, salsa, any spice or herb
- Small amounts of fresh fruit paired with a protein

**Drinks:** It is imperative to consider the dietary impact of drinks like milk and juice, as they contain high levels of carbohydrates and can affect the individual's blood sugar.

Beverages options for Type 2 diabetic people:

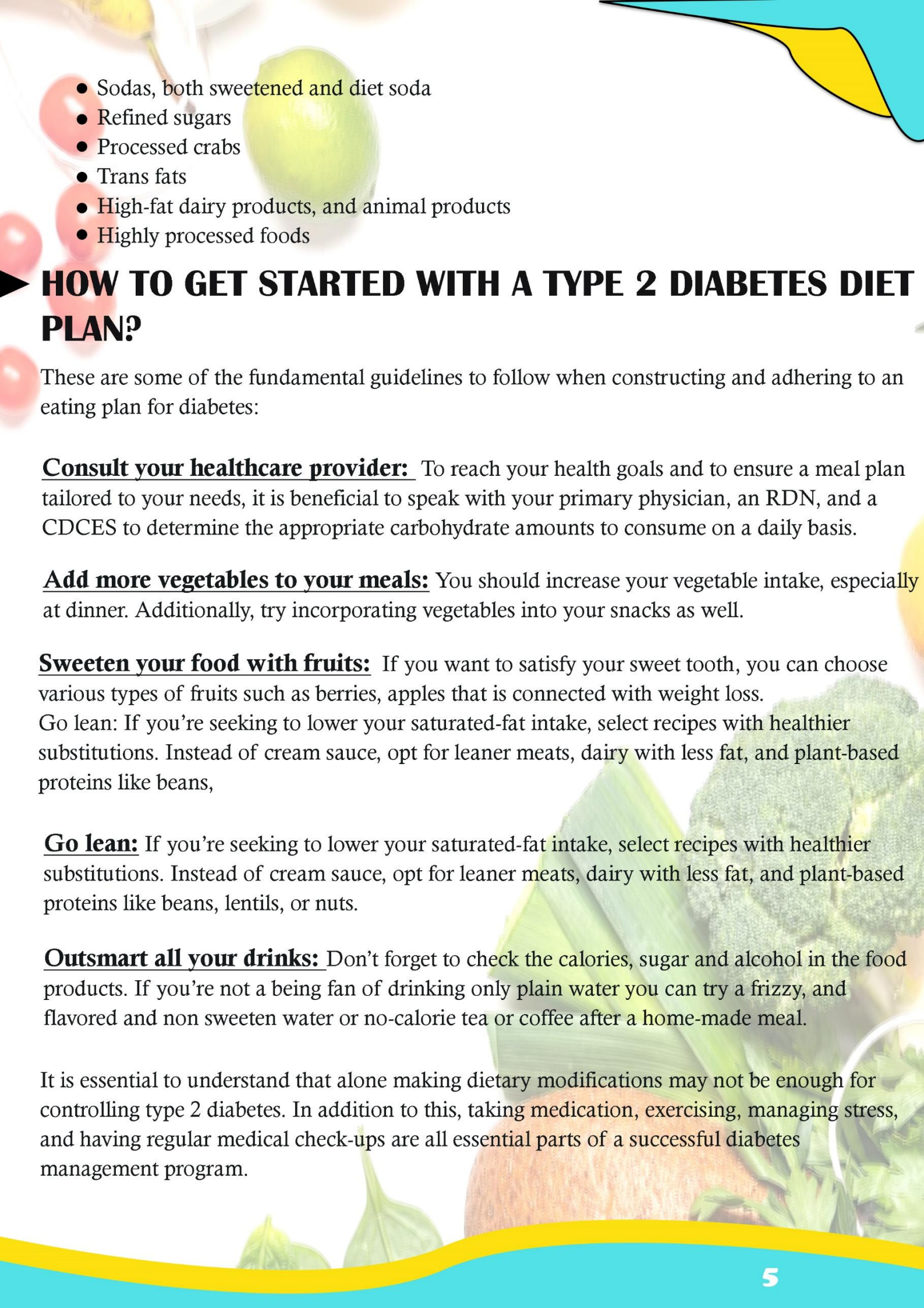
- Unsweetened coffee
- Unsweetened hot or iced tea
- Low-fat milk
- Plant-based milk which is too unsweetened
- Sparkling water

**Desserts:** Whether you have type 1 or 2 diabetes, you can also eat desserts, when consume in good portion sizes and also depends on how often you consume these foods. Below are some lists of desserts that contain fewer calories or carbs than usual.

- Fruit popsicles
- Popsicles with no added sugars
- Sugar-free gelatin
- Ice cream sweetened with zero calories
- Pudding with zero-calorie sugar such as stevia and erythritol
- Fruit salad that is prepared at home

## ▶ **FOODS THAT SHOULD BE AVOIDED IN TYPE 2 DIABETES DIET PLAN**



- 
- Sodas, both sweetened and diet soda
  - Refined sugars
  - Processed meats
  - Trans fats
  - High-fat dairy products, and animal products
  - Highly processed foods

## ▶ HOW TO GET STARTED WITH A TYPE 2 DIABETES DIET PLAN?

These are some of the fundamental guidelines to follow when constructing and adhering to an eating plan for diabetes:

**Consult your healthcare provider:** To reach your health goals and to ensure a meal plan tailored to your needs, it is beneficial to speak with your primary physician, an RDN, and a CDCES to determine the appropriate carbohydrate amounts to consume on a daily basis.

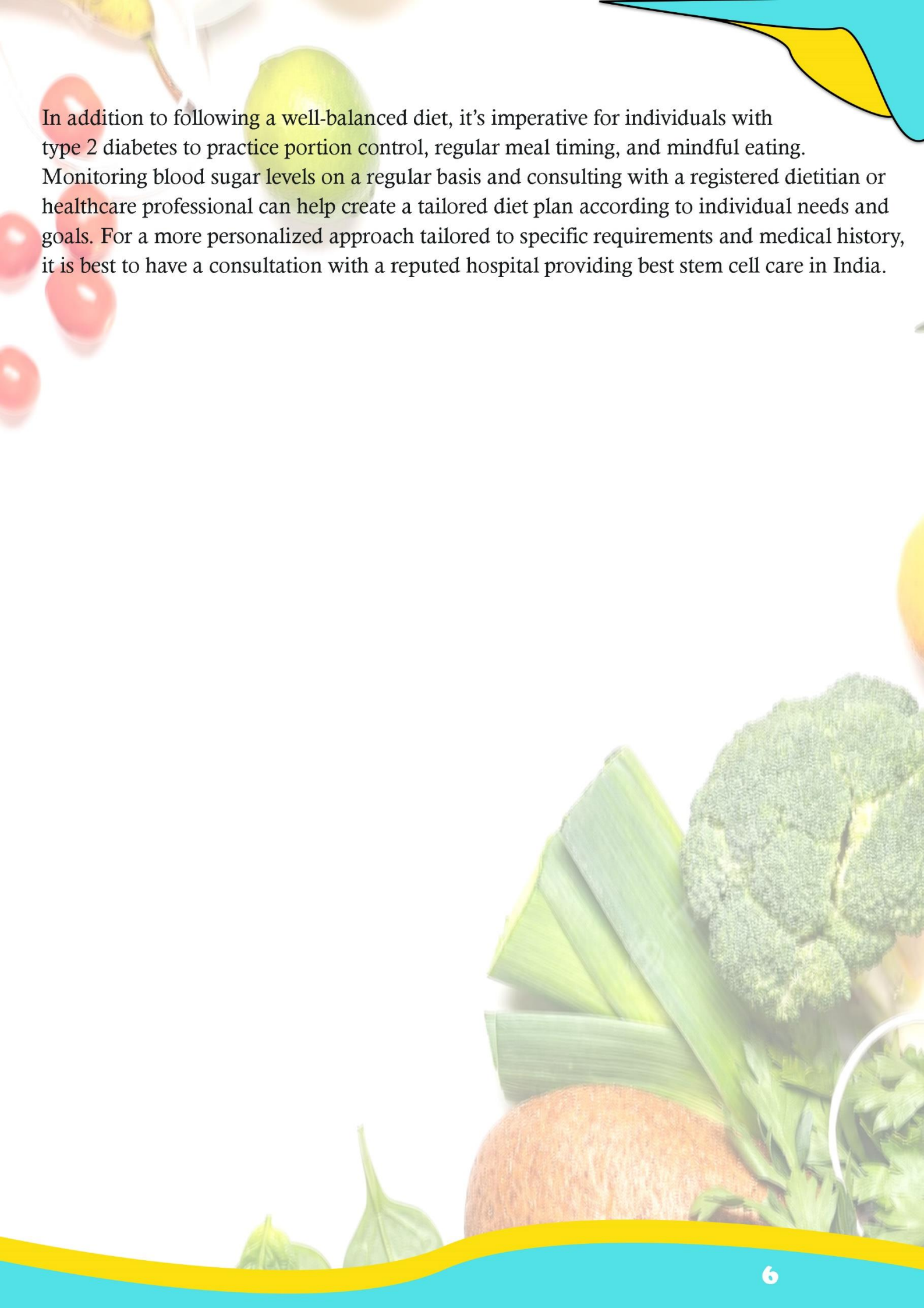
**Add more vegetables to your meals:** You should increase your vegetable intake, especially at dinner. Additionally, try incorporating vegetables into your snacks as well.

**Sweeten your food with fruits:** If you want to satisfy your sweet tooth, you can choose various types of fruits such as berries, apples that is connected with weight loss.  
**Go lean:** If you're seeking to lower your saturated-fat intake, select recipes with healthier substitutions. Instead of cream sauce, opt for leaner meats, dairy with less fat, and plant-based proteins like beans,

**Go lean:** If you're seeking to lower your saturated-fat intake, select recipes with healthier substitutions. Instead of cream sauce, opt for leaner meats, dairy with less fat, and plant-based proteins like beans, lentils, or nuts.

**Outsmart all your drinks:** Don't forget to check the calories, sugar and alcohol in the food products. If you're not a being fan of drinking only plain water you can try a fizzy, and flavored and non sweeten water or no-calorie tea or coffee after a home-made meal.

It is essential to understand that alone making dietary modifications may not be enough for controlling type 2 diabetes. In addition to this, taking medication, exercising, managing stress, and having regular medical check-ups are all essential parts of a successful diabetes management program.



In addition to following a well-balanced diet, it's imperative for individuals with type 2 diabetes to practice portion control, regular meal timing, and mindful eating. Monitoring blood sugar levels on a regular basis and consulting with a registered dietitian or healthcare professional can help create a tailored diet plan according to individual needs and goals. For a more personalized approach tailored to specific requirements and medical history, it is best to have a consultation with a reputed hospital providing best stem cell care in India.





# Stem Cell Care

India



[www.stemcellcareindia.com](http://www.stemcellcareindia.com)



Abul Fazal Enclave, Jamia Nagar,  
New Delhi - 110025, INDIA



[info@stemcellcareindia.com](mailto:info@stemcellcareindia.com)



International Patients : + 91-8743024344  
Indian Patients : + 91-7838223336



[/StemCellCareIndia](https://www.youtube.com/StemCellCareIndia)



+ 91-8743024344



[/StemCellCare](https://twitter.com/StemCellCare)



[/StemCellCareIndia](https://www.facebook.com/StemCellCareIndia)



[/StemCellCareIndia](https://www.instagram.com/StemCellCareIndia)



[/company/stem-cell-care](https://www.linkedin.com/company/stem-cell-care)