

Culturally Tailored Nutrition Tips



Why culturally tailored nutrition?

Food is central to culture and daily life. Healthy eating for type 2 diabetes doesn't mean giving up traditional foods - it means making small, culturally sensitive changes to reduce blood glucose spikes while keeping meals satisfying and familiar.

What is the goal?

Culturally tailored nutrition helps manage blood glucose, supports long-term health, and allows you to enjoy traditional foods without compromising diabetes care.

South Asian dietary tips

- Choose whole grains like brown rice, whole wheat roti, or millet
- Include lentils, beans, chickpeas, and low-fat dairy for protein
- Limit fried snacks and sweets; try steaming or baking instead
- Add plenty of vegetables to curries and meals
- Watch portion sizes of high-starch foods like rice or potatoes
- Use spices like turmeric, cumin, and cinnamon, which may support metabolism

Indigenous dietary tips

- Focus on traditional foods like fish, game, berries, and native vegetables
- Choose whole grains like wild rice or oats
- Limit highly processed foods and sugary drinks
- Include healthy fats from fish, nuts, seeds, and plant oils
- Balance meals with protein, fibre, and seasonal vegetables

East Asian dietary tips

- Include vegetables, tofu, beans, and fish as main protein sources
- Choose brown rice, whole-grain noodles, or barley over white rice
- Limit deep-fried foods, sweet sauces, and sugary drinks
- Use low-sodium sauces and flavour with herbs
- Incorporate fermented foods (kimchi, miso) in moderation for gut health
- Eat smaller portions of high-starch staples and add vegetables for balance

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist