

# Healthy Eating with T2D



## What foods help control blood sugar?

- Whole grains (brown rice, oats, whole wheat)
- Non-starchy vegetables (broccoli, peppers, leafy greens)
- Fruit in portion (berries, apple, orange)
- Lean protein (chicken, fish, tofu, eggs)
- Healthy fats (nuts, seeds, olive oil)
- Fiber-rich foods
- Avoid sugary drinks

## What portion sizes are simple to follow?

- Plate method:  $\frac{1}{2}$  plate non-starchy vegetables,  $\frac{1}{4}$  plate lean protein,  $\frac{1}{4}$  plate whole grains or starchy vegetables
- Snack portions: small piece of fruit or a handful of nuts

## Are there foods to avoid?

- Sugary drinks
- Highly processed carbohydrates
- Large portion sizes

## How should I plan meals?

- Eat regular meals to avoid big glucose swings
- Include protein and fiber at each meal to slow carbohydrate absorption
- Work with a dietitian for individual guidance

## Can I still enjoy treats?

- Yes, occasionally, as part of your meal plan
- Plan treats into your daily carbohydrate allowance

## Tips for success

- Small, sustainable changes are better than strict restrictions
- Track meals and blood sugar to see what works for you

## Where can I find reliable information?

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