

A guide to healthy eating

For people with type 2 diabetes

Controlling your blood sugar begins with *well-balanced* meals. But what does well-balanced mean?

FOOD HIGH IN PROTEIN

Include 50 to 90 g of protein a day. Eat beans, legumes, nonfat milk, seafood, poultry, tofu or soybeans, egg whites, or lean meats.

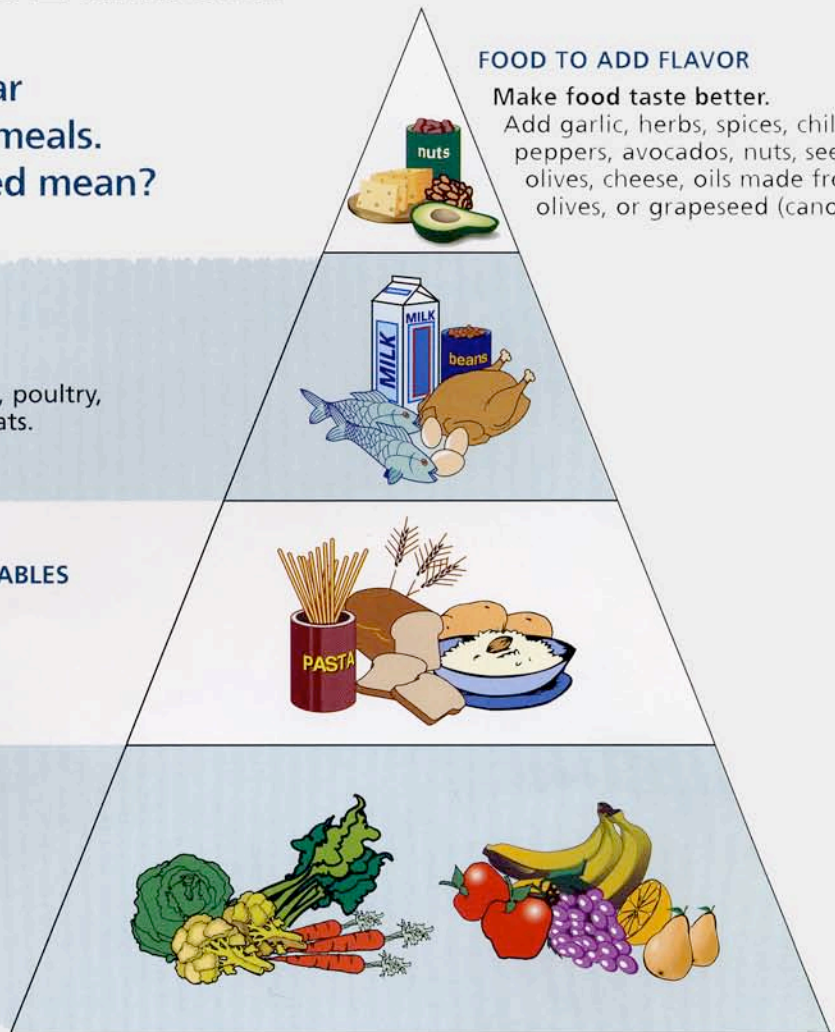
HIGH-FIBER GRAINS AND CERTAIN VEGETABLES

Include 6 to 11 servings a day. Eat whole-grain bread and cereal, rice, pasta, tortillas, potatoes, peas, or corn.

VEGETABLES AND FRUITS THAT CAN HELP PROTECT YOUR HEALTH

Eat 4 to 7 daily servings of vegetables—like asparagus, broccoli, cabbage, carrots, cauliflower, celery, leafy greens, peppers, spinach, and tomatoes.

Eat 2 to 4 daily servings of fruit—like apples, avocados, bananas, berries, citrus fruits, grapes, melons, and pears.



FOOD TO ADD FLAVOR

Make food taste better. Add garlic, herbs, spices, chili peppers, avocados, nuts, seeds, olives, cheese, oils made from olives, or grapeseed (canola).

A well-balanced meal contains food from a pyramid of 4 main food groups. This food pyramid will help you choose the right amount of nutritious *and* good-tasting foods from all 4 groups. You should eat a certain amount from each group every day.

Eat more of the foods included in the bottom section of the pyramid. Eat fewer of the foods in the smaller sections. That means that every day you should:

- Eat more vegetables, fruits, and high-fiber grains than any other foods
- Eat at least 50 g of protein a day from these recommended sources
- Use the foods at the top of the pyramid to add taste. Use small amounts of nuts, cheese, and oils. Add as much garlic, herbs, and spices as you like

Work with your healthcare provider to set up a meal plan that's right for you.