



NUTRITION FOR TYPE 2 DIABETES

With good nutrition habits, you can keep your type 2 diabetes in check.

What is **type 2 diabetes**?

- Type 2 diabetes is the most common form of diabetes. It is a disease that occurs when your glucose, or blood sugar, is too high. Blood sugar is your main source of energy and comes from the food you eat.
- When you have type 2 diabetes, too much glucose stays in your blood, and not enough reaches your cells.

Tips to **manage** type 2 diabetes:

- Lose 5% of your weight (for most people this is 10-20 pounds)
- EXERCISE for 30 minutes, 5 days/week
- Increase protein; decrease carbohydrates
- Stop smoking
- Get tested and treated for sleep apnea

Nutrition tips to manage type 2 diabetes:

- Track your blood sugar daily
- Manage your blood sugar by eating small meals at the same time every day
- After breakfast, eat a meal every four or five hours and have a healthy snack in between
- Healthy snacks can help you avoid low blood sugar, which can make you feel confused, shaky, or weak.
- Avoid skipping meals!
- Keep a food journal

When meal planning, use the **plate method**:

- $\frac{1}{4}$ plate protein – lean proteins are best
- $\frac{1}{4}$ plate grains and/or starchy vegetables – whole grains and high-fiber foods like quinoa and beans
- $\frac{1}{2}$ plate non-starchy vegetables – like cabbage, cauliflower, broccoli, and asparagus



Plan for **snacking**:

- Snacks with a good mix of protein, fat, and fiber will help maintain your blood sugar levels
- Snacks should be less than 200 calories

Consider these **healthy options**:

- $\frac{1}{4}$ cup raw mixed nuts
- $\frac{1}{2}$ cup berries
- Cheese sticks
- Protein bar or shake (easy to grab and go)

Diabetes can lead to:

- Vision loss
- Kidney failure
- Loss of sexual function
- Stroke
- Heart disease
- Loss of feeling in fingers and feet
- Reduced ability to fight illness

For more information, visit pa-foundation.org/yournutrition.



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