

Name:

Date:

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Healthy Diet List for Patients with Type 2 Diabetes

What is Type 2 Diabetes?

Type 2 diabetes is a chronic progressive disease combining genetic and environmental factors.

Early diagnosis is difficult because classic obesity and abdominal fat.

In patients with type 2 diabetes, the body either resists the effects of insulin (hormone that regulates the movement of sugar into your cells) or doesn't produce enough insulin to maintain a normal glucose level.

Lab Values

	HbA _{1c}	Plasma Glucose
Normal	Below 6 %	70-100 mg/dL
Pre-Diabetic	6-6.4%	100-125 mg/dL
Diabetic	6.5 % and above	126 mg/dL and above

Signs & Symptoms



Frequent Urination



Excessive Thirst



Tingling of Hand & Feet



Poor Wound Healing



Blurry Vision



Irritability



Hunger



Fatigue

Risk Factors

Overweight/ Obesity

Inactivity

Age >45

Family History

Complications

x Heart disease

x Stroke

x Kidney disease

x Eye problems

x Dental disease

x Nerve damage

x Foot problem

Which Foods Have Carbohydrates?

Breads, crackers, and cereals

Pasta, rice, and grains

Starchy vegetables, such as potatoes, corn, and peas

Beans and legumes

Milk, soy milk, and yogurt

Fruits and fruit juices

Sweets, such as cakes, cookies, ice cream, jam, and jelly

Carbohydrate Servings

In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:

Check serving sizes with measuring cups and spoons or a food scale.

Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.



Follow a healthy meal plan that includes proteins, vegetables and carbohydrates

The list below show portions of some food that have about 15 grams of carbohydrate

Grains & Starchy Vegetables	1 slice bread (28g) ¼ large bagel (28g) ½ hamburger or hot dog bun (21g) ¾ cup unsweetened cereal 1 cup broth-based soup 6 small crackers 1/3 cup pasta or rice (cooked) ½ cup beans, peas, corn, sweet potatoes, carrots, winter squash, or mashed or boiled potatoes (cooked) 3 cups popcorn (popped)
Fruit	small fresh fruit (1 cup) ½ cup canned or frozen fruit 1 tablespoon dried fruit (blueberries, cherries, cranberries, mixed fruit, raisins) 17 small grapes (85g) ½ cup unsweetened fruit juice
Milk	1 cup fat-free or reduced-fat milk (120ml) 1 cup soy milk (120ml) 2/3 cup nonfat yogurt
Sweets	5cm sponge cake 2 small cookies (2/3 ounce) 1 tablespoon syrup, jam, table sugar, or honey

