AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

Type 2 Diabetes and Plant-Predominant Nutrition



What is Type 2 Diabetes?

Type 2 diabetes is when your body has trouble using insulin, causing high blood sugar. It can lead to heart, kidney, nerve, and eye problems.

How Can a Plant-Predominant Eating Pattern Help?

- Plant-based diets can help prevent, treat and even remit type 2 diabetes
- They are high in fiber, which helps control blood sugar
- Eating mostly plant foods can help you lose weight, which improves insulin sensitivity

Tips for Managing Diabetes with a Plant-Predominant Eating Pattern

1. Eat whole grains, beans, lentils, fruits, and vegetables
2. Limit foods high in sugar and fat
3. Choose water or unsweetened drinks
4. Watch portion sizes, especially for starchy foods

Common Questions

- **Do I have to avoid all carbs?** No! Avoid refined carbs as in soda, white bread, and candy. Whole plant foods have healthy carbs and fiber that help control blood sugar.
- **Can I stop my medication?** Never stop medication without talking to your doctor. A healthy diet may help lower your need for medication or even eliminate your need to take medications.

To learn more about plant-based nutrition and type 2 diabetes scan the QR code:

Learn how to cook delicious plant foods by scanning the QR code: