



Harvard Medical School Healthy Eating for Type 2 Diabetes

David M. Nathan M.D., Kathy McManus M.S. R.D.

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One of the most frequent questions people with diabetes ask is What can I eat? After all, diabetes is at root a metabolic disorder, affecting the way your body derives energy from food. Myths abound when it comes to diabetes and food one of the most common being that there is a diabetes diet that prohibits sugar and lists other items to avoid. In fact, dietitians and other health professionals give the same dietary advice to people with diabetes as they do to most people, but with extra emphasis on controlling weight and keeping blood sugar, blood pressure, and cholesterol values as close to normal as possible. The basics: eat a well-balanced diet that emphasizes fruit, vegetables, whole grains, and lean protein, while watching total calories and getting regular exercise. In this report, you ll learn about the components of a healthy diet, how to work with a dietitian, how to develop a meal plan, and how to fit physical activity into your schedule. You will learn how to recognize portion distortion, make wise choices while dining out, and stay on track with your weight-loss plan. Best of all, we ve included 40 original recipes so you can put this advice into practice starting today.

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