Type 2 diabetes diet

Dietitians Association of Australia Nutrition Manual 2014 Excerpt

Suggested menu
Snacks may or may not be required depending on medication, blood glucose control and weight. The type and quantity of snack provided should be decided on an individual basis.

Some individuals with type 2 diabetes will count how much carbohydrate they eat at each meal and snack, e.g. portions or exchanges). These individuals may need a meal plan that is very similar to that for someone with type 1 diabetes.

Breakfast
- fresh fruit/canned fruit/fruit juice in moderation
- wholegrain cereal and low fat milk
- wholemeal or wholegrain toast with margarine and yeast-based spread/thin spread of jam or honey
- tea/coffee
  - optional hot breakfast: baked beans/grilled tomato/mushrooms/poached or boiled egg

Morning tea
- fresh fruit or wholemeal or wholegrain sandwich with low fat filling or wholemeal scone/muffin with margarine and spread or a low fat yoghurt or milk based drink
- water/tea/coffee/diet cordial

Lunch
- lean meat/chicken/fish and low fat gravy/sauce
- potato- boiled/baked in jacket or basmati rice/pasta/bean mix
- vegetables or salad
- fresh fruit/canned fruit in natural juice/stewed fruit
- low fat or diet yoghurt/low fat ice-cream/low fat custard
- water/tea/coffee/diet cordial

Afternoon tea
- as morning tea

Dinner
- Soup, e.g. vegetable and bean
- lean cold meat/chicken/fish
- vegetables or salad and rice or potato salad with reduced fat dressing
- wholemeal or wholegrain bread with margarine
- fresh fruit/canned fruit in natural juice/stewed fruit
- low fat or diet yoghurt/low fat custard
- water/tea/coffee/diet cordial

Supper
- as morning tea

NB: Additional fluid may be necessary to meet individual needs.