

Rx for Type 2 Diabetes: A Low-Fat Vegan Diet

in Five Easy Steps:

1 Eliminate Animal Products:

Steer clear from meat, fish, and dairy products (yogurt, milk, eggs, and cheese).

2 Limit High-Fat Foods:

Avoid oils, pastries, fried foods and limit olives, avocados, nuts and seeds.

Look for foods that have three grams of fat or less per serving.

5

Supplement with vitamin B12:

You have several options to get your daily dose: a multivitamin, a B12 supplement, or fortified foods.



Fruits



Grains



Legumes



Vegetables

2

Fill Up on Fiber:

Aim to consume 40 grams of fiber a day from vegetables, fruits, whole grains, and legumes.

4

Favor Low-Glycemic Options:

The glycemic index gives you an extra bonus. It identifies foods that increase blood sugar rapidly and allows you to favor foods that stabilize it.

3

High-glycemic-index foods

sugar, white potatoes, white and wheat bread, and most cold cereals

Low-glycemic-index foods

pumpnickel or rye bread, oats, bran cereals, most fruits, sweet potatoes, pasta, rice, barley, couscous, beans, peas, lentils and most vegetables