

Making the right food choices

The right choices of carbohydrates, fats and oils simply point to choosing foods that have demonstrated benefits in supporting blood sugar control. Consider adapting to eating patterns that support blood sugar control.

Eating patterns that promote blood sugar control

The table above shows that eating patterns that have shown documented evidence in reducing blood sugar over time are:

- Mediterranean style
- Vegetarian/vegan
- Low carbohydrate
- Very low carbohydrate

However, only the Mediterranean style eating pattern have been rigorously researched to produce long term beneficial effects of preventing major cardiovascular diseases like stroke, heart attack etc.

Mediterranean style eating pattern discourages processed carbohydrates while the low carbohydrate and low carbohydrate eating pattern strongly limits carbohydrates.

The consensus is to limit the intake of carbohydrates and restrict them to whole grains and unprocessed forms. Eating food sources from plants is also highly encouraged. Limiting the consumption of red and processed meat is also beneficial.

Eating patterns that prevent type 2 diabetes

The eating patterns that enable people to reduce their risk of developing type 2 diabetes includes:

- Mediterranean style
- Vegetarian/vegan
- Dietary Approach to Stopping Hypertension (DASH)