

List of foods that are encouraged among people living with type 2 diabetes based on the eating patterns that show benefits for reducing blood sugar

	Food type	Available options
1	Non starchy-vegetables	broccoli, carrots, greens, tomatoes, cauliflower, egg plant, spinach, kale, garden egg, parsley, cilantro/celery, bell pepper, okro, cabbage, cucumber, zucchini, spring onions, lettuce, fluted pumpkin leaves (ugu), onions
2	Legumes	green peas, green beans, black eyed beans, kidney beans, lentils
3	Seeds	melon, chia, sesame, hemp
4	Nuts	Almond, groundnut, cashew, pistachio, walnuts, hazel nuts,
5	Fruits	Orange, strawberries, lemon, watermelon, blueberries, blackberries Limit the following pineapple, apple, watermelon, banana, grapes
6	Whole grains	Rollled Oats, pearl millet, golden corn, brown rice, fonio, quinoa
8	Lean meat	Chicken, turkey Limit: red like beef, lamb, pork Limit
9	Fish	Sardines, mackerel, cod, salmon etc
10	Dairy	Egg, milk, yogurt, cheese
11	Non dairy substitutes	Almond milk, soy milk, tofu
12	Oil/fat	Olive oil, avocado
13	Spices	Fresh pepper, Ginger, garlic, cinnamon, aniseed, basil, mint, thyme, turmeric, black pepper
14	Drinks	Tea, coffee, ginger-lemon Wine at one glass a day for females/ two glasses a day for males