**Tips to control Diabetes Type 2 With Your Diet**

* [Type 2 diabetes](https://www.medicinenet.com/type_2_diabetes/article.htm) involves problems getting enough glucose into the cells. When the sugar can't get where it is supposed to be, it leads to elevated blood sugar levels in the bloodstream, which can lead to complications such as kidney, nerve, and eye damage, and [cardiovascular disease](https://www.medicinenet.com/heart_disease_pictures_slideshow_visual_guide/article.htm)
* Foods to eat for a type 2 [diabetic diet](https://www.medicinenet.com/diabetic_diet/article.htm) meal plan include complex carbohydrates such as brown rice, whole wheat, quinoa, oatmeal, fruits, vegetables, beans, and lentils. Foods to avoid include simple carbohydrates, which are processed, such as sugar, pasta, white bread, flour, and cookies, pastries.
* Foods with a low glycemic load (index) only cause a modest rise in blood sugar and are better choices for people with [diabetes](https://www.medicinenet.com/diabetes_mellitus/article.htm). Good glycemic control can help in preventing long-term complications of [type 2 diabetes](https://www.medicinenet.com/type_2_diabetes_pictures_slideshow/article.htm)
* [Fats](https://www.medicinenet.com/fat_and_fats_quiz/quiz.htm) don't have much of a direct effect on blood sugar but they can be useful in slowing the absorption of carbohydrates.
* Protein provides steady energy with little effect on blood sugar. It keeps blood sugar stable, and can help with sugar cravings and feeling full after eating. Protein-packed foods to eat include beans, legumes, eggs, seafood, dairy, peas, tofu, and lean meats and poultry.
* [Diabetes](https://www.medicinenet.com/type_2_diabetes_pictures_slideshow/article.htm) "[super foods](https://www.medicinenet.com/superfoods_quiz/quiz.htm)" to eat include chia seeds, cinnamon, and lentils.
* Healthy [diabetes](https://www.medicinenet.com/diabetes_quiz/quiz.htm) meal plans include plenty of vegetables, and limited processed sugars and red meat.
* Guidelines on what to eat for people with type 2 diabetes include eating low glycemic load carbohydrates, primarily from vegetables, and consuming fats and proteins mostly from plant sources.
* What to not to eat if you have type 2 diabetes: sodas (regular and diet), refined sugars, processed carbohydrates, trans fats, high-fat animal products, high-fat dairy products, high fructose [corn](https://www.medicinenet.com/corns/article.htm) syrup, [artificial sweeteners](https://www.medicinenet.com/artificial_sweeteners/article.htm), and any highly processed foods.