

Food Connection: Type 2 Diabetes

At H-E-B Wellness we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Therefore, we would encourage you to work with your H-E-B Dietitian to help create a food and nutrition plan that is tailored to your unique needs, goals, and values. This handout is meant to act as a simplified starting resource as you look to manage your health through food.

Type 2 Diabetes

Type 2 Diabetes can result from both genetic and environmental factors. Substantial research shows that changes to dietary and lifestyle habits can have positive impacts on blood glucose management. It is important to monitor and improve heart health while learning to manage blood glucose. Lowering your blood glucose to an optimal range may decrease your risk for adverse events such as kidney disease, heart disease, and nerve damage. Lifestyle and dietary changes may also cost less and have similar impacts as taking prescription medications, for some individuals. If your doctor has recommended looking into diet modifications to manage your blood glucose, below is a summary of relevant nutrition information to help support your goals. Visit with your H-E-B Dietitian or H-E-B Wellness Primary Care provider to determine appropriate intake levels for the foods listed.

Foods to Encourage

Nutrient	Impact	Food Sources*	Amount**
Protein	Focus on a variety of protein sources including lean meats, beans, legumes, and dairy	Lean meats: 3 oz chicken, 3 oz turkey, 3 oz pork, 1 oz nuts and seeds, 3.5 oz tofu, 1 cup legumes, ½ cup Mootopia cottage cheese, 2oz dry Banza pasta	0.8-1.2 g/kg (general population)
Potassium	May support blood pressure maintenance	1 medium banana, 1 medium avocado, ½ cup prunes, ½ cup acorn squash, 1 cup tomatoes, 1 cup lentils	4,700 mg
Fiber	Helps support healthy cholesterol and blood sugar levels	1 ea. Carb Sense tortilla, ½ cup black beans, 1 medium pear, 1 medium avocado, 1 cup brown rice, 1.5 cup Cheerios, 5.3 oz Oikos Triple Zero Greek Yogurt	M, 50 or younger: 38 grams M, over 50: 30 grams W, 50 or younger: 25 grams W, over 50: 21 grams.
Magnesium	Essential for blood pressure regulation	2 cups spinach, ½ cup pinto beans, 1 oz pumpkin seeds, ½ cup brown rice,	M, ages 19 to 30: 400 mg M, ages 31+: 420 mg W, ages 19 to 30: 310 mg W, ages 31+: 320 mg
Omega 3 Fatty Acids (EPA/DHA)	Helps support healthy cholesterol levels and heart health	3 oz fatty fish (salmon, mackerel, and trout), 2 omega-3 enriched eggs, 1 tbsp Smart Balance omega-3 spread, and 1 cup of omega-3 fortified milk	250-500 mg
Chromium	May support the activity of insulin and help maintain normal blood glucose levels in those with chromium deficiency	1 cup broccoli, 1 cup potatoes, 2 medium apples, 2 slices whole-grain bread, 3 oz beef, 1 ½ tsp basil	M, ages 19 to 50: 35 mcg M, ages 51+: 30 mcg W, ages 19 to 50: 25 mcg W, ages 51+: 20 mcg

*Each food listed under *Food Source* provides a good source, or at least 10% of the Daily Value, of the nutrient per serving. Always refer to the nutrition facts label of a food for specific quantities of nutrients as these may vary greatly.

**Quantities listed under *Amounts* based on Adequate Intakes (AI) or Recommended Daily Allowances (RDA) for the nutrient.

Foods to Limit

Nutrient	Impact	Food Sources
Simple Carbohydrates	May quickly elevate blood glucose levels	Soft drinks, Sports drinks, Fruit juice, bread, crackers
Alcohol	Acts uniquely in that it can both increase and decrease blood pressure depending on the type of alcohol and time post consumption	Beer, wine, liquor, or mixed alcohol containing beverages
Sodium	Excessive sodium intake may increase blood pressure	Bread, Pizza, Sandwiches, Deli meats, Salty Snacks, Processed/Packaged Foods

Schedule a visit with your H-E-B Dietitian for additional product recommendations and to create a personalized nutrition plan. Visit www.heb.com/nutrition to schedule or speak to your Wellness Care Team to learn more.

H-E-B Shopping List

