

GENERAL DIETARY GUIDELINES

- Keep in mind these are *GENERAL* guidelines, every individual with diabetes and hypertension should be consulting with their Primary Care Physician
- These are guidelines that may be tweaked and/or fine-tuned to fit your personal circumstance and needs
- These guidelines will not guarantee a cure to either issue
- These guidelines are not for use in place of necessary medicine but to work in conjunction with
- Consult with your practitioner on any concerns or issues
- Diet is part of a healthy lifestyle; other components include physical exercise, mental health, healthy relationships, community involvement, sleep patterns and work/life balance

DIABETES – TYPE 2

DO EAT:

- Low-fat, high fiber; nuts and seeds
- As much vegetables as possible, less fruits
- Vegetable juices
- Legumes, whole grains, wheat bran, beans
- Proteins, fats (mainly from mono/polyunsaturated)
- Carbs (from non-starchy vegetables)

AVOID or LIMIT SIGNIFICANTLY:

- Starchy vegetables, pasta
- White rice, breads, flour products
- Processed/Fried/Refined foods
- Sugar; Sodas; Salts; Alcohol
- Saturated & Trans fats, hydrogenated oils



Daily exercise and movement are major factors that contribute to a healthy lifestyle!

HYPERTENSION

AVOID or LIMIT SIGNIFICANTLY:

- Coffee or caffeinated drinks
- Alcohol
- Sugar; Sodas; **Salts; MSG**
- Red meats
- Processed/Fried/Refined foods
- White rice, breads, flour products
- Saturated & Trans fats, hydrogenated oils



DO EAT:

- Fresh vegetables and fruits
- Nuts and seeds; Whole grains
- Olive oil; Fish; Lean Protein
- Beans and legumes
- Spices and herbs
- Drink lots of water

If you take an anti-coagulant (blood thinner), limit your intake of foods high in Vitamin K as they can reduce the effects of this medication. These foods include but are not limited to: broccoli, cauliflower, spinach, dark/leafy greens, alfalfa, egg yolks and liver