

## **Eat to beat Diabetes**

The higher intake of vegetables, fruits, nuts, whole grains, and lower intake of red meat could reduce the risk of type 2 diabetes mellitus.

### **DASH (Dietary Approaches to Stop Hypertension):**

The DASH diet is especially recommended for people with high blood pressure (hypertension). Eating primarily plant-based foods and limiting meat to a few times a week (the American version of the Mediterranean).

- fruits and vegetables
- low-fat or non-fat dairy
- whole grains
- legumes and nuts
- smaller portions of red meat
- using herbs and spices to replace salt

### **Mediterranean:**

Eating primarily plant-based foods and limiting meat to a few times a week.

- fruits and vegetables
- whole grains
- legumes and nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Enjoying meals with family and friends
- Drinking red wine in moderation (optional)

### **Vegetarian:**

Eating primarily plant-based foods and limiting animal products (there are many variations).

- Fruits and vegetables
- Whole grains
- Legumes and nuts
- Allowing for some dairy: cheese, milk and eggs

Source:<http://www.acc.org/latest-in-cardiology/articles/2015/04/29/14/34/changing-diets-saving-lives-mediterranean-vegetarian-vegan-and-more>