

## Reversing Diabetes Type 2 Support Group - Approved Foods List

Items in Amber can cause blood sugar spikes. Allowed only when blood sugar is controlled. Use small servings and eat to your meter.

Meat	Fat	Dairy	Vegetables	Vegetables (That are really Fruit)	Nuts/Seeds	Fruit	Drinks
Beef/Veal	Beef Tallow	Heavy Cream	Artichokes	Courgette	Almond Butter**	Lemon/Lime	Water
Chicken	Bacon Fat	Aged Cheese	Asparagus	Cucumber	Almonds	Blackberries	Coffee
Pork	Butter	Fermented Cheese	Bamboo Shoot	Eggplant	Chia Seeds	Blueberries	Tea
Turkey	Ghee/Clarified Butter	Cream Cheese**	Bitter Melon	Okra	Flax Seeds	Raspberries	Diet soda
Duck/Fowl	Lard	Real Butter	Bok Choy	Olives	Hazelnuts	Strawberries	Flavored Water
Game/Venison	Suet	Sour Cream	Broccoli	Peppers	Hemp Seeds		
Goat	<b>Oils</b>	Cottage Cheese	Brussel Sprouts	Pumpkin	Macadamia		<b>Other foods</b>
Lamb	Avocado Oil	Greek Yogurt**	Cabbage	Zucchini	Pecans / Butter**	Berries in small quantities only after normal blood glucose is achieved	Heart of Palm
Organ meats	Coconut Oil	Ricotta**	Cauliflower		Pumpkin		
All Fish	MCT Oil	Full fat dairy preferred. Avoid processed "cheese products"	Celery	Avocados	Sesame / Tahini**		Dark Chocolate*
All Shellfish	Macadamia Oil		Chayote	Pickles	Sunflower		Protein powder**
Eggs	Olive Oil		Chives	Summer Squash	Walnuts	<b>Sweeteners</b>	Protein drinks***
Pork or Chicken Rinds			Endive	Spaghetti Squash			
	<b>Condiments</b>	<b>Roots</b>	Fennel	Tomatoes	Brazil Nuts	Allulose	
Flavored Rinds*	Bouillon**	Daikon Radish	Green Beans		Peanuts / Butter**	Aspartame	
Bacon*	Mayonnaise**†	Konjac	Leeks		Pistachios	Erythritol	
Cold cuts*	Mustard	Red Radish	Kale			Monkfruit	This food list contains most of the foods approved in our Way Of Eating (WOE) and is not exhaustive. This Group's general advice is to keep total carbs under 30 grams per day for reversal.
Salami*	Salad Dressing**†	Ginger	Mushrooms		<b>Flours/Meals</b>	Stevia	
Ham*	Spices**	Green Onions	Rhubarb		Almond	Sucralose	
Sausages*		Onions	Snap Peas		Coconut	Xylitol	
Wieners*		Scallions	Snow Peas		Flaxseed		
Hot Dogs*		Shallots	Sprouts		<b>"Milks"</b>	Avoid when mixed with dextrose, maltodextrin or other names for sugar	
Jerky*		Turnips	All Leafy Greens		Almond**		
Oysters 😊		Jicama	Wax Beans		Hemp**		
					Coconut**		

\*Sugar Free

\*\* No sugar added

†No seed oil

Updated 5/25/2021