

## 8 COMMON PRINCIPLES OF EATING

No matter what approach you take to type 2 diabetes remission, as outlined in the previous pages, these 8 common principles underlie all ways of eating for long-term success. You can apply these principles to any style of diet — Mediterranean, vegetarian, vegan, low carb, keto — **or any ethnic or culture's cuisine.**

1

**Eat** whole foods and minimally processed foods

2

**Prioritize** protein at every meal, whether from animal or plant sources

3

**Eliminate** ultra-processed foods & added sugars

4

**Avoid/reduce** foods that rapidly digest to sugar, such as high glycemic carbs, refined grains

5

**Eliminate** sweet beverages including pop, fruit juice, sports drinks, and sweet tea or coffee

6

**Eat** plenty of colorful vegetables for adequate fiber and nutrients

7

**Include** healthy fat sources such as olive oil, avocado oil or nut oils

8

**Consume** little to no alcohol and eliminate intake of sweet alcoholic drinks



### Easy As 1, 2, 3

When planning a meal, it helps to think of these three steps:



#### One

Pick a protein: whether animal or vegetable protein — you decide



#### Two

Add lots of above ground vegetables or leafy greens



#### Three

Add fat for flavor: olive oil, avocado, butter — just enough to make the food tasty

## Mediterranean

## Vegan

## Low Carb

## Vegetarian

## Ketogenic

## Low Calorie

1. **Eat** whole foods and minimally processed foods
2. **Prioritize** protein at every meal, whether from animal or plant sources
3. **Eliminate** ultra-processed foods, sweets & added sugars
4. **Avoid/reduce** foods that rapidly digest to sugar, such as high glycemic carbs, refined grains
5. **Eliminate** sweet beverages including pop, fruit juice, sports drinks, and sweet tea or coffee
6. **Eat** plenty of colorful vegetables for adequate fiber and nutrients
7. **Include** healthy fat sources such as olive oil, butter, ghee or nut oils
8. **Consume** little to no alcohol and eliminate intake of sweet alcoholic drinks