

Check-list for your Shopping Cart



✓ Olive-, soybean-,
walnut oil



✓ Less meat/fish
(low-fat!)



✓ Low-fat milk/milk products



✓ Wholemeal products



✓ Low-sugar fruit



✓ Lots of vegetables

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AstraZeneca GmbH
Tinsdaler Weg 183
22880 Wedel

AstraZeneca 

Better eating for type 2

Type 2 Nutritional Guidebook

AstraZeneca 

General Guidelines for Nutrition

- In general, the **same diet tips** apply for people with type 2 diabetes as for persons without type 2 diabetes (the calculation of carbohydrate exchange is important for people with type 1 diabetes).
- Lose **weight** slowly but permanently through calorie reduction. **The motto is: To have had enough without making sacrifices!**
- **Exercise** acts like insulin!
Think about how you can incorporate daily exercise into your everyday routine.
- Drink at least **1.5 l of water** or **unsweetened tea each day**.

! Be sure to talk to your **doctor** or **nutritional counsellor** for **customised nutritional recommendations**, such as for limiting protein intake if you have renal impairment or intolerances and allergies!

Tips for your Shopping Trip and Beyond

You can find more information and practical help for dealing with your type 2 diabetes with an interactive training centre and expert tips at **www.zuckerkrank.de!**

- Symptoms and causes
- Diet and exercise
- Knowledge and information
- Downloads and expert advice



Tips for your Grocery Shopping

- ✓ Check fat content: **Prefer lower-fat food**
- ✓ **Choose low-sugar** foods - watch out for hidden sugar!
- ✓ **Liquids:** sufficient water and teas (unsweetened)
- ✓ **Dairy products** every day
- ✓ **Fish** twice a week
- ✓ **Lower-fat meat/meat products** in moderation

Write down your **shopping list** in advance!

Choose 1 or 2 **specific foods** that you would like to enjoy in moderation.

Tear off this list here and take it with you on your shopping trip.

You should ideally eat from every food group each day!

Your Shopping Guide

You can detach the attached list and take it with you for guidance while you are shopping. The distribution of food on the back side should correspond with the contents of your shopping cart.

Ask your doctor or a nutritionist if you need additional tips or assistance. Hence you can ensure that you are buying the most healthy groceries even while you are shopping.

Have fun shopping, preparing and enjoying!

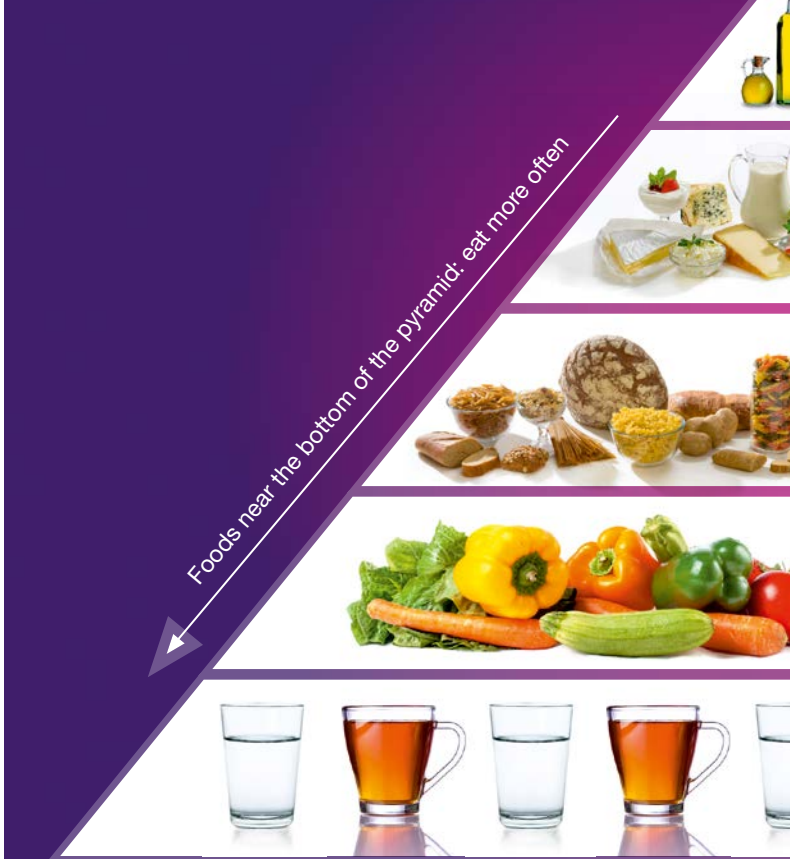
With kind regards
Your AstraZeneca Diabetes Team
with support from Dr. Tobias Wiesner, Leipzig

Note: Stumbling blocks in nutrition

- **Sweeteners** do not fuel the body, but can increase **feelings of hunger**.
- Pay attention to **hidden sugars**, such as in yoghurt, processed foods or fruit juices (including freshly squeezed juice).
- **Certain** fruits (such as grapes or dates) are very high in sugar → Be aware of the amount of calories you are consuming and opt for fruit with less sugar content.
- The recommended oils and fats (such as olive oil) contain a lot of calories → You should only consume these oils and fats **in moderation**.

Complete Nutrition: the Food Pyramid

Foods near the bottom of the pyramid: eat more often



Complete Nutrition: the Food Pyramid

Green: beneficial foods

Red: less beneficial foods

Milk and Milk Products

- Important sources of protein
- Preferably use **low-fat alternatives**
- **such as milk with 1.5% fat, low-fat cheese**
- **such as milk with 3.5% fat, higher-fat cheese**

Cereal Products and Potatoes

- **Whole-grain products** are preferable
- Fewer products made with white flour or carbohydrates that rapidly enter the bloodstream (such as candy, biscuits)
- **Wholemeal bread, unsweetened granola, wholemeal pasta**
- **White bread, cornflakes**

Vegetables and Salad

- Especially green vegetables
- **such as lettuces, beans, cabbage, fennel, green peppers, mushrooms, cucumbers, spinach**
- At least 3 portions a day

Liquids

- **1.5 l per day**
- **Water and unsweetened tea**
- **Sugary drinks**



Fats and Oils

- Preferably use plant-based oils
- Very high in calories, enjoy in moderation!
- **such as canola oil, walnut oil, olive oil**
- **such as lard**



Meat, Sausage, Fish and Eggs

- Preferably low-fat meats and sausages (not more than 300-600 g a week)
- Fish twice a week (one serving of which should be oily fish)
- **such as chicken or turkey, seafood**
- **such as wieners, salami, bacon**



Fruit

- Contains significantly more sugar than vegetables!
- At least 2 portions a day
- **such as apples, berries and citrus fruits**
- **such as bananas, grapes, dates**

