

## [DIABETES TYPE 2 DIET RECIPES](#)



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Note: This recipe may not be appropriate for all people with type 2 diabetes, because it contains 60 grams of carbs per serving. You can adjust the amount of cranberry sauce to lower the carb count.

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### **Type 1 and Type 2 Diabetes Diet Plan Food List and**

Type 2 diabetes diet plan In the gastrointestinal system, during digestion, there are simple carbohydrates sugars and complex carbohydrates starches that hydrolyze into blood glucose. The healthier carbs are fruits, vegetables, whole grains, legumes (beans, peas, and lentils) and low-fat dairy products.

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