**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