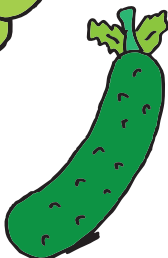
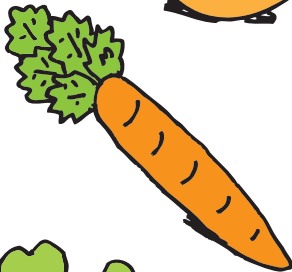
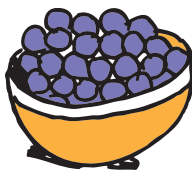
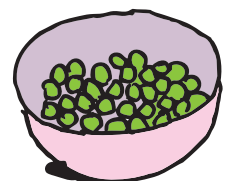
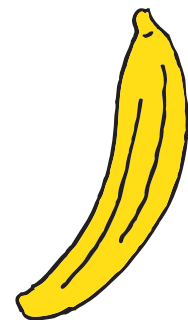
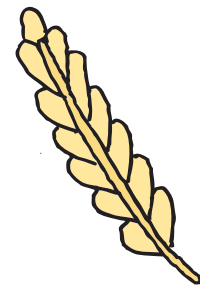
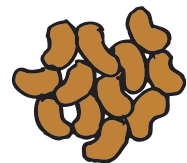
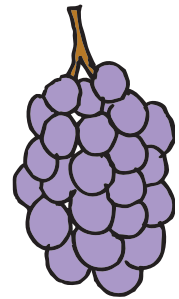


# Plant Foods

Eating a plant-based, or vegetarian, diet may lower a person's risk for diabetes and improve blood sugar control in people who have diabetes.

A vegetarian is a person who eats mostly or only food from plants. The four main food groups vegetarians eat are whole grains, legumes (beans, peas, lentils), fruits, and vegetables.

There are many different types of vegetarians. Vegans are strict vegetarians who eat no foods that come from animals. Other vegetarians may eat little or no meat, but eat fish, eggs, and/or dairy products, such as milk and cheese.



Vegetarians are less likely than meat eaters to be overweight or to have type 2 diabetes. Many also often have:



**Lower blood sugar and A1C levels**



**Lower cholesterol levels**



**Lower blood pressure levels, and**



**Lower death rates from heart disease**

A meal plan based on eating foods from plants may change how much diabetes medicine you need to take (including insulin), the vitamins you take, how much fiber you eat, and other diabetes-care issues.

Always talk to your doctor before making any changes in your diabetes meal plan. You may be asked to speak to a registered dietitian (a food specialist) to help you develop a vegetarian meal plan that's right for you.