



IDF Recommendations for a Healthy Diet for the General Population

1. Choosing water, coffee or tea instead of fruit juice, soda, or other sugar sweetened beverages.
2. Eating at least three servings of vegetable every day, including green leafy vegetables.
3. Eating up to three servings of fresh fruit every day.
4. Choosing nuts, a piece of fresh fruit, or unsweetened yoghurt for a snack.
5. Limiting alcohol intake to a maximum of two standard drinks per day.
6. Choosing lean cuts of white meat, poultry or seafood instead of red or processed meat.
7. Choosing peanut butter instead of chocolate spread or jam.
8. Choosing whole-grain bread, rice, or pasta instead of white bread, rice, or pasta.
9. Choosing unsaturated fats (olive oil, canola oil, corn oil, or sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil).

A particular threat in terms of the associated risk of developing type 2 diabetes is the consumption of high sugar foods, particularly sugar-sweetened beverages. In 2014, the World Health Organization (WHO) issued new recommendations to limit sugar intake. IDF fully supports these recommendations and in response published the [IDF Framework for Action on Sugar](#).

Link to IDF Website: <https://www.idf.org/about-diabetes/what-is-diabetes.html>