



Best and Super Foods for Diabetes

These foods are called the best and super foods for diabetes, because they help prevent diabetes. They are rich in vitamins, minerals, antioxidants and fiber. They are beneficial for overall health.

Whole grains

They are rich in vitamins and minerals, such as vitamins B, folate, magnesium, chromium, and iron. They are a great source of fiber too. The following whole grains should be used in the preparation of rice, bread, pasta, cereal, and tortillas: Whole grain wheat, Brown rice, Whole oats, cornmeal, barley, millet, quinoa and farro.

Protein

The following protein and protein-based foods should be consumed by the people with prediabetes and diabetes;

- **Lean meat
- **Chicken or turkey without skin
- **Fish
- **Whole Eggs
- **Nuts and Seeds
- **Dried beans and certain peas, such as chickpeas, split peas, lentils
- **Tofu, soy products

Beans

There are different types of beans, such as kidney, pinto, navy or black beans. Please remove added salt as much as possible when you eat canned beans. The beans are ideal for the people with prediabetes and diabetes, because they

- **Are rich in vitamins and minerals, such as magnesium and potassium.
- **Have very high fiber content.
- **Contain both carbohydrates and proteins.
- ** $\frac{1}{2}$ cup of beans provides as much protein as 28 grams of meat.
- **Contain no saturated fat.

Fatty Fish

(e.g. Salmon, Sardines, Mackerel, Herring, Trout and Tuna).

The diabetic people should eat fatty fish two times a week, because they are high in Omega-3 Fatty Acids. Omega-3 fats may help to reduce the risk of heart disease and inflammation (Ref: The American Diabetes Association).

Milk and yogurt products

Always eat non-fat or low fat milk, yogurt, and cheese, which have no added sugar.

Milk and dairy products can provide the following benefits:

**They help build strong bones and teeth.

**Provide calcium.

**Fortified products can provide vitamin D.

**Milk and yogurt do contain carbohydrate.

**Therefore, the diabetic patients should consider it in meal planning.

Nuts and Seeds

(e.g., Almonds, Cashews, Chestnuts, Walnuts, Pistachios, Flax and Chia seeds)

The nuts and seeds have the following qualities and health benefits:

**Have magnesium, fiber, and omega-3 fatty acids.

**Have unsaturated fats, proteins, vitamins, and minerals.

**Have lower cholesterol, inflammation, and insulin resistance.

Tips: Take at least 50 grams of nuts, seeds daily to control high levels of blood fats (triglycerides) and sugars.

Green Leafy Vegetables

Eat with salads, soups and stews. Everybody should eat green leafy vegetables, because they are

**Rich in vitamins and minerals, such as vitamins A, C, E and K, iron, calcium, magnesium and potassium. These nutrients can help to lower blood sugar.

**Low in calories and carbohydrates.

Non-Starchy vegetables: Broccoli, Carrots, Greens, Peppers, and Tomatoes

Starchy vegetables: Potatoes, Corn, and Green Peas

Tomatoes

**Tomatoes are rich in nutrients, vitamin C, vitamin E and potassium.

Garlic and Onions

**They can lower blood sugar.

Citrus Fruits

(e.g., Grapefruits, Oranges, Lemons and Limes).

**They are rich in fiber, vitamin C, folate and potassium.

Berries

(e.g., Blueberries, strawberries, and other variety)

**They are rich in antioxidants, vitamin C, K, minerals, manganese, potassium and fiber.

Amla: Indian gooseberry fruit,

- **Control high blood sugar levels.
- **Chromium in it regulates carbohydrate metabolism.
- **It makes body more responsive to insulin.

Coffee

Increase your coffee (caffeinated and decaffeinated) intake by one cup a day, because it may lower risk of type 2 diabetes by more than 10 percent.

- **Avoid adding too much sugar, syrups, and milk to your coffee.

Resistant Starch

- **Found in bananas, potatoes, grains and legumes,
- **May benefit your health by aiding blood sugar control.
- **This type of starch is not digested in small intestine.
- **It is considered a type of dietary fibre.

Economic Meal Planning

- **Purchase lower cost options such as fruits and vegetables available in season or frozen or canned fish.
- **Brown rice, beans and whole grains are less expensive and available any season.
- **Eat a variety of healthy foods from all food groups.

Source: American Diabetes Association (ADA), 2023. What superstar foods are good for diabetes? URL: <https://diabetes.org/healthy-living/recipes-nutrition/eating-well/diabetes-superstar-foods>. Accessed on 02/04/2023.