



## Worst Foods and Drinks for Diabetics

The people with diabetes and prediabetes conditions should avoid or limit these foods.

### 1. Deep-fried Foods

- \*Fried foods, Deep-fried (e.g., Potato chips).
- \*Foods high in Saturated fat and Trans fat.
- \*Foods high in Trans fat is healthier than saturated fat.

These foods increase

- Cholesterol levels,
- Insulin resistance,
- Blood sugar level and
- Risk of developing diabetes.

### 2. Fats

- \*Butter, lard, palm oil,
- \*Burgers, most fast foods
- \*Cream-based dressings, dips, full-fat mayonnaise,
- \*Many salad dressings.
- \*Foods high in Saturated fat and Trans fat.

### 3. Some Protein-type foods (Avoid or Reduce)

- \*Fatty Proteins, highly salted.
- \*Red meat (Beef, Goat, Lamb, Pork) may increase risk of diabetes.
- \*Breaded, fatty, fried, and high-sodium meats.
- \*Processed meats: bacon, hot dogs, and deli meats.
- \*Chicken/Poultry with skin.
- \*Deep oil-fried Fish.

### 4. Refined Carbohydrates (Avoid or Reduce)

- \*White Rice and White Flour -made Food:
- \*White bread
- \*White pasta
- \*Some cereals
- \*Some crackers
- \*Many baked goods

\*\*Rice bran is brown outer layer of the rice kernel: pericarp, aleuron, seed coat, and germ. It contains 50% carbohydrate (mainly starch), 20% fat, 15% protein, and 15% dietary fiber (DF), mainly insoluble fiber.

## **5. Sugars/Sweets (Avoid)**

Avoid these foods, because the consumption of these foods can increase weight gain, and risk of heart disease and stroke.

\*Fruit-flavored Yogurts, Doughnuts, Croissants, Cakes, Cookies, and Pizza dough.

\*Many Sauces and Condiments.

\*Agave Nectar, Maple syrup and other syrups sweeteners.

\*Dried Fruit, Fruit salad.

\*Canned or frozen Fruit with added sugar.

## **6. Sugar/Full Cream Milk**

\*No sugar or full cream milk in coffee or tea.

\*Use a sugar substitute in your coffee or tea.

\*Low fat milk

## **7. Drinks (Avoid or Reduce)**

Avoid the beverages with added sugars.

\*Juice, soda, sports or energy drinks.

\*Drink zero-calorie drinks or plain water instead of sweetened beverages.

## **8. Alcohol/Drinks (Avoid or Limit)**

\*Drink alcohol moderately.

\*One drink a day for a woman or two drinks for a man.

\*Eat some food when you drink alcohol.

\*Heavy drinking with diabetes medications may lead to low blood sugar, or hypoglycemia.

\*Following alcoholic drinks can contain sugar and carbs:

\*Beer,

\*Drinks containing fruit,

\*Dessert wines,

\*Drinks with a sweet mixer

## **Tips**

Should you give up all of the above foods? A diabetes diet plan can include your most favourite foods. But you may need smaller portions. Certain foods from each food group may be better than others. Then you can reduce the risk of diabetes and heart disease.