



Managing diabetes with food.

- Your diet plays a vital role in managing and preventing diabetes and complications from diabetes like heart disease. Your diet plays a significant role in managing both type 1 and type 2 diabetes. Eating the best foods when you have diabetes doesn't have to be difficult.

Leafy Greens:

- Very nutritious and low in calories. Low in digestible carbohydrates; they do not significantly affect blood sugar levels.
- Help to increase serum vitamin C levels which is an antioxidant and has anti-inflammatory qualities. Protects heart and eye health.

Avocados:

- Low in carbohydrates, less than 1 gram of sugar, high in fiber and healthy fats.
- Avocados may also have properties specific to diabetes prevention.

Fatty Fish:

- Omega-3 fatty acids are especially important for people with diabetes who

have an increased risk of heart disease. Omega-3 fats reduce inflammation and other risk factors of heart disease and stroke. A good source of protein which is important in managing blood sugar.

- Sources include salmon, sardines, herring, anchovies, and mackerel.

Beans:

- Beans are also known as legumes, rich in B vitamins, calcium, potassium, magnesium and fiber. They are low on the glycemic index, which is important to managing diabetes.

Greek Yogurt:

- Daily serving of Greek yogurt is linked to a lower risk of developing type 2 diabetes. The high levels of protein, calcium and conjugated linoleic acid may help keep you feeling full longer and help with weight management.

Nuts:

- Most types of nuts contain fiber and are low in net carbohydrates. Regular consumption may help reduce inflammation and lower blood sugar and LDL (bad) cholesterol levels. May also help people with diabetes improve heart health.

Strawberries:

- High in antioxidants and contain polyphenols. Strawberries are low in sugar. May help improve insulin resistance.

