

# MANAGING DIABETES THROUGH DIET

When one is diagnosed with diabetes, it is easy to feel like most foods are off limits. But by giving oneself the chance to focus on what one can have instead of cannot, surely new favorites will arise! Yes, there might be a learning curve. But by taking control of ones sugar levels and personal health, gaining energy and boosting ones immune system are only some of the side effects!



## Best and Worst Foods for Diabetics!

**Grains:** Best: whole grains (brown rice, oatmeal, quinoa, millet), baked sweet potatoes; Worst: processed grains (white rice, white flour), cereals with no whole grains, white bread, french fries, white-flour tortillas

**Vegetables:** Best: fresh veggies (eaten raw or lightly steamed, roasted, or grilled), plain frozen vegetables (lightly steamed), greens (kale, spinach), low sodium or unsalted canned veggies; Worst: veggies cooked with added butter, cheese or sauce, pickles, canned veggies with lots of added sodium

**Fruits:** Best: fresh fruit, plain frozen fruit, canned fruit without added sugar, low-sugar jam (no sugar added jam), no sugar added applesauce; Worst: canned fruit with heavy syrup, chewy fruit rolls, regular jam, and jelly, sweetened applesauce, fruit juice and punch

**Proteins:** Best: beans, nuts, seeds and tofu, fish and seafood, chicken and other poultry, eggs; Worst: Fried meats, higher fat cuts of meat (ribs), pork bacon, poultry with skin, deep-fried fish, beans prepared with lard

## How do Fruits and Veggies Stack Up against their Carbohydrate Content?

\*Those with a **HIGH** carbohydrate content.

- \*Carrots
- \*Sweet Potatoes
- \*Peas
- \*Apples
- \*Pears
- \*Bananas
- \*Grapes

\*Those with a **LOW** carbohydrate content.

- \*Blackberries
- \*Raspberries
- \*Lemon
- \*Cherries (moderate)
- \*Cantaloupe
- \*Pineapple (moderate)
- \*Spinach
- \*Kale

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