



Best Foods to Eat as a Diabetic

When it comes to living with diabetes, what you eat is especially important. Eating the right foods can help keep your blood glucose (sugar) levels stable and make it easier to manage your diabetes. People with diabetes must focus on choosing healthy, low-fat, low-sugar foods. Eating a balanced, nutritious diet can help control diabetes and reduce your risk of complications.

One of the most important things to remember is that eating healthy is more than just consuming the correct type of food. The key is to spread your meal intake throughout the day to distribute it evenly. Eating smaller portions rather than large meals and spacing meals throughout the day can help keep blood glucose levels from becoming too high or too low.

Some of the best foods for diabetics include:

Whole grains: Replacing refined grains, such as white bread and white rice, with whole grains may help regulate blood sugar levels, as well as reduce the risk of heart disease. Some of the best whole grain sources are whole wheat bread, oats, quinoa, and barley.

Fruits and vegetables: Eating plenty of fruits and vegetables is essential for a diabetes-friendly diet. Choose fresh produce while being mindful of the number of carbohydrates they contain.

Legumes: Legumes are a great source of fiber, which can help regulate and stabilize blood glucose levels. Common types of legumes include beans, peas, lentils, and peanuts.

Nuts, Seeds, and Healthy Oils: Packed with healthy unsaturated fats, nuts, seeds, and oils are a vital part of a diabetic diet. Almonds, walnuts, and other nuts are good sources of fiber and protein. Adding a small amount of olive oil to meals can be beneficial, too.

Lean proteins: High-protein foods can help keep blood glucose levels stable. Healthy protein sources include lean meats, poultry and fish, eggs, tofu, and dairy products, like yogurt and cheese.

The bottom line is that when it comes to managing diabetes, **maintaining a balanced diet is essential**. Eating small meals and snacks throughout the day and avoiding sugary and processed foods can help regulate blood sugar levels and reduce your risk of diabetes-related complications in the long run.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.