



## Diabetes Superfoods

As with all foods, you need to work the diabetes superfoods into your individualized meal plan in appropriate portions. All of the foods in the American Diabetes Association list have a low [glycemic index](#) (a system that ranks food on a scale from 1 to 100 based on their effect on blood-sugar levels) and provide key nutrients that are lacking in the typical diet such as: calcium, potassium, fiber, magnesium, vitamins A, C, and E.

### Beans

Whether you prefer kidney, pinto, navy or black beans, you can't find better nutrition than that provided by beans. They are very high in fiber giving you about 1/3 of your daily requirement in just a ½ cup and are also a good source of magnesium and potassium.

Beans are considered starchy vegetables but a ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of excess sodium.

### Dark Green Leafy Vegetables

Spinach, collards and kale – these powerhouse foods are so low in calories and carbohydrates, you could never eat too much.

### Citrus Fruit

Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

### Sweet Potatoes

A starchy vegetable packed full of vitamin A and fiber. Try them in place of regular potatoes for a lower glycemic index alternative.

### Berries

Which are your favorites: blueberries, strawberries, raspberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

### Tomatoes

An old standby where everyone can find a favorite to eat them. The good news is that no

matter how you like your tomatoes, pureed, raw or in a sauce, you're eating vital nutrients like vitamin C, iron and vitamin E.

### **Fish High in Omega-3 Fatty Acids**

Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.

### **Whole Grains**

It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate.

Pearled barley and oatmeal are a source of fiber and potassium.

### **Nuts**

An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber.

Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

### **Fat-free Milk and Yogurt**

Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Tips:

- Some of the food listed above can be tough on the budget. Look for fruit and vegetables in season or frozen or canned fish.
- Try beans and rolled oats or barley that you cook from scratch.
- Want more information? [The American Diabetes Association's book \*What Do I Eat Now?\*](#) provides a step-by-step guide to eating right.
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All information in this document can be found on the [American Diabetes Association website](#). This specific article can be [found here](#).