

Best and Worst Foods for Diabetes

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Your food choices matter a lot when you've got diabetes. Some are better than others.

Nothing is completely off limits. Even items that you might think of as “the worst” could be occasional treats -- in tiny amounts. But they won’t help you nutrition-wise, and it’s easiest to manage your diabetes if you mainly stick to the “best” options.

Starches

Your body needs carbs. But you want to choose wisely. Use this list as a guide.

Best Choices

- Whole grains, such as brown rice, oatmeal, quinoa, millet, or amaranth
- Baked sweet potato
- Items made with whole grains and no (or very little) added sugar

Worst Choices

- Processed grains, such as white rice or white flour
- Cereals with little whole grains and lots of sugar
- White bread
- French fries
- Fried white-flour tortillas

Vegetables

Load up! You’ll get fiber and very little fat or salt (unless you add them). Remember, potatoes and corn count as carbs.

Best Choices

- Fresh veggies, eaten raw or lightly steamed, roasted, or grilled
- Plain frozen vegetables, lightly steamed
- Greens such as kale, spinach, and arugula. Iceberg lettuce is not as great, because it's low in nutrients.
- Low sodium or unsalted canned vegetables

Go for a variety of colors: dark greens, red or orange (think of carrots or red peppers), whites (onions) and even purple (eggplants). The 2015 U.S. guidelines recommend 2.5 cups of veggies per day.

Worst Choices

- Canned vegetables with lots of added sodium
- Veggies cooked with lots of added butter, cheese, or sauce
- Pickles, if you need to limit sodium -- otherwise, pickles are okay.
- Sauerkraut, for the same reason as pickles -- so, limit them if you have high blood pressure

Fruits

They give you carbohydrates, vitamins, minerals, and fiber. Most are naturally low in fat and sodium. But they tend to have more carbs than vegetables do.

Best Choices

- Fresh fruit
- Plain frozen fruit or fruit canned without added sugar
- Sugar-free or low-sugar jam or preserves
- No-sugar-added applesauce

Worst Choices

- Canned fruit with heavy sugar syrup
- Chewy fruit rolls
- Regular jam, jelly, and preserves (unless you have a very small portion)
- Sweetened applesauce
- Fruit punch, fruit drinks, fruit juice drinks

<http://www.webmd.com/diabetes/diabetic-food-list-best-worst-foods#3>

<http://www.webmd.com/diet/video/healthy-low-gi-foods>

A number of supplements have shown promise as diabetes treatments. These include the following.

Cinnamon

Chinese medicine has been using cinnamon for medicinal purposes for hundreds of years. It has been the subject of numerous studies to determine its effect on blood glucose levels. A [2011 study](#) has shown that cinnamon, in whole form or extract, helps lower fasting blood glucose levels. More studies are being done, but cinnamon is showing promise for helping to treat diabetes.

Chromium

Chromium is an essential trace element. It is used in the metabolism of carbohydrates. However, research on the use of chromium for diabetes treatment is mixed. Low doses are safe for most people, but there is a risk that chromium could make blood sugar go too low. High

doses also have the potential to cause kidney damage.

Vitamin B-1

Vitamin B-1 is also known as thiamine. Many people with diabetes are thiamine deficient. This may contribute to some diabetes complications. Low thiamine has been linked to heart disease and blood vessel damage.

Thiamine is water-soluble. It has difficulty getting into the cells where it's needed. However, benfotiamine, a supplemental form of thiamine, *is* lipid-soluble. It more easily penetrates cell membranes. Some research suggests that benfotiamine can prevent diabetic complications. However, other studies have not shown any positive effects.

Alpha-Lipoic Acid

Alpha-lipoic acid (ALA) is a potent antioxidant. Some studies suggest it may:

- reduce oxidative stress
- lower fasting blood sugar levels
- decrease insulin resistance

However, more research is needed.

Furthermore, ALA needs to be taken with caution, as it has the potential to lower blood sugar levels to dangerous levels.

Bitter Melon

Bitter melon is used to treat diabetes-related conditions in countries like Asia, South America, and others. There is a lot of data on its effectiveness as a treatment for diabetes in animal and lab studies.

However, there is limited human data on bitter melon. There are not enough clinical studies on human. The human studies currently available are not of high quality.

Green Tea

Green tea contains polyphenols, which are antioxidants.

The main antioxidant in green tea is known as epigallocatechin gallate (EGCG). Laboratory studies have suggested that EGCG may have numerous health benefits including:

- lower cardiovascular disease risk
- prevention of type 2 diabetes
- improved glucose control
- better insulin activity

Studies on diabetic patients have not shown health benefits. However, green tea is generally considered safe.

Resveratrol

Resveratrol is a chemical found in wine and grapes. In animal models, it helps prevent high blood sugar.

Animal [studies](#) have also shown that it can reduce oxidative stress. However, human data is limited. It is too soon to know if supplementation helps with diabetes.

Magnesium

Magnesium is an essential nutrient. It helps regulate blood pressure. It also regulates insulin sensitivity. Supplemental magnesium may improve insulin sensitivity in diabetics.

A high magnesium diet may also reduce the risk of diabetes. Researchers have found a link between higher magnesium intake, lower rates of insulin resistance, and diabetes.

<http://www.healthline.com/health/type-2-diabetes/herbs-supplements#UsingSupplements2>

Benjamin couwenberg;

You need to eat low glycaemic foods so the sugar releases slowly and consistently in the body so very grainy raw breads unbleached brown rices. Little to zero paste, corn, wheat products. Coconut sugar is the most sustainable low glycemic sugar, then cane and some others. No processed white foods or sugars.

1. **Raw Cacao(not pasteurized cocoa), (rinse the white mould of them in Uruguay, overnight water and apple cidar vinegar soak). Then this also removes bound phytates which bind to the minerals and nutrients vitamins in nuts and seeds. Soaking nuts and seeds activates the vitamins and minerals. 24 hour soak.
buy at health shop.**
2. **Bee pollen will give vitamin B's in the best absorbable high vibration energy generating form.**
3. **Olive oil instead of any other cooking oil. -Also the option to bath in coconut oil (which helps hormones and comfort and creates a nice skin to**

world barrier) .

4. Cinnamon (can chew on the bark directly or try buy it in powder to throw in smoothies raw or in coffee or tea)
 5. Paw paw leaf and fruit. (fruit salad options with manzanas and manderins and other fruits(a fruit salad will give a lot of carbohydrates which amalyse enzymes in raw honey can help break down)
 6. Pulsi + Oregano + Thyme (tamillo)
 7. Chia seeds. And Or quinoa as alternative . (chia recommended)
 8. Reishi (ganoderma lucidum) mushroom. (tablets or powder) (you can put them in smoothie or any thing you make reishi mushroom is the worlds most studied mushroom, and is a safe food, herb, tonic, and immunomodulatory for the immune system, an adaptogen in motabolism)
 9. Probiotics yokult, kambucha, kim chi, sauerkraut, kefir.
 10. As many raw not cooked foods as possible.
 11. Turmeric. Interacts with 700 genes in the human body. Look into the regulating nature of turmeric a, B and C compounds and curcumins power against unstable diabetes.
 12. Vitamin D, actual sunlight not just supplements, real vitamin D3 from the sun interacts with over 3000 genes in the human body, it is actually a steroidal hormone. A steroidal hormone apposes and balances estrogens in elderly womans brains also.
 13. A salad every 3rd day on average.
 14. 1 smoothie every 2nd day at least, (can even blend the cacao in there how I do it, with maca powder and olive oil to make a chocolate tasting base flavour)
 15. If you eat sugar try for more natural or organic types no processed. Cane sugar raw, or, even better – coconut sugar.
 16. Only raw alive honey if any honey which is not too recommended but sometimes can make the smoothie taste good enough to drink many times.
 17. Less processed meat (which occurs naturally as the raw cacao is the highest iron food in the world once soaked and activated and absorbable, cacao also has high chromium as the cinnamon does and magnesium)
If you eat paw paw fruit and or leaf, you would have sufficient papain enzyme and 50 amino acids.
chia seeds are almost 40% protein. Cooked meat is around 20% usable protein.
 18. If you eat yogurt, in Uruguay, be carefull 99% of it in the year 2016 from my observation is all too much sugar filled products with different chemically created colarantes and perfums and other chemicals.
If you get yogurt, try to get one from a health shop if possible or make sure it has no flavour or low sugar and chemicals.
- Smoothie idea 1; handful cacao nibs or beans, 1 tablespoon maca powder, 2 bananas, chia seeds half handful, 1 cup or so of water, teaspoon cinnamon, bee

pollen half handful. Teaspoon raw honey. Tablespoon coconut oil. (this ends with a malty chocolate smoothie taste)

- Smoothie idea 2; handful cacao, handful kale chopped or two, pulsi, maca powder tablespoon, reishi (ganoderma lucidum) lingzhi mushroom tablespoon, cup or two water, 1 banana and some seeds of some variety, berries, cinnamon, lemon zest or freshly squeezed lemon or lime or kumquat or grapefruit or any other citrus to cut the kale alkalinity and make the kale and greens more absorbable.
more sea and Himalaya salts and fatty foods like olives and avocados.

- 3 consultations from me to begin with at 880 peso (\$40) each. Hand written research documents on your 1 illness. Weekly*3. 2640 peso complete payment.
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