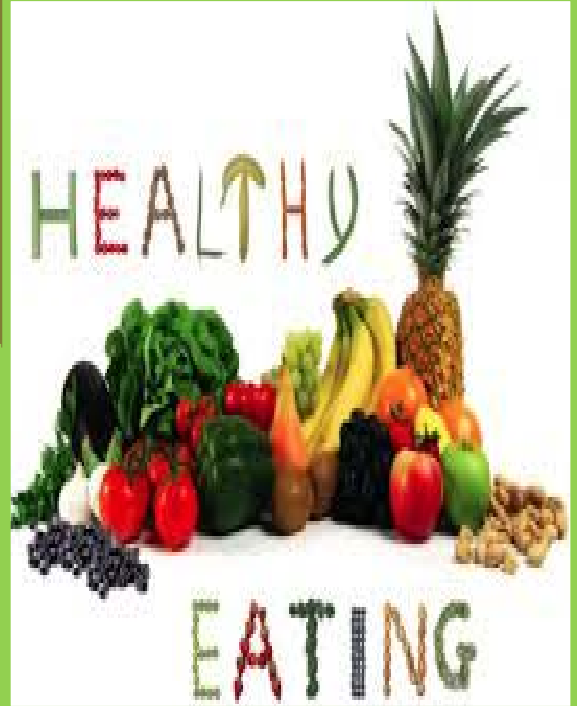


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Managing Weight & Healthy Eating Are The Key Ingredients To A Diabetes Diet



A common myth is that there is a “diabetes diet” that forbids sugar and lists other items to avoid. That’s not the case, but it is important to follow a healthy diet that focuses on controlling weight and keeping blood sugar, blood pressure and cholesterol values as close to normal as possible.

Choosing what to eat can be made simpler: the best basic meal plan for diabetes is a well-rounded diet full of nutritious foods. Consider these three nutrition tips for working to manage your weight and your diabetes.

1. Eat Whole Grains

Foods with carbohydrates, such as bread, can raise your blood sugar levels as your body breaks down the food. But not all carbs are bad. Some raise your blood sugar more or faster than others. In general, the less processed a food is, the less impact it will have on your blood sugar. Whole grains are a great example of a less-processed source of carbs.

In addition, whole grains have fiber and other important nutrients. Look for foods that say “100 percent whole grains” on the label or list whole-grain ingredients, such as whole wheat flour, as the first ingredient. Whole grains contain the germ and bran of the grain. This is where the grain’s nutrients and fiber come from. Oatmeal, popcorn and brown or wild rice are also types of whole grains.

2. Swap Salt for Herbs and Spices

People with diabetes have a higher risk for stroke and heart disease. One of the simplest ways to lower your risk is limiting how much salt you eat. Try flavoring foods with spices or fresh herbs instead of salt. Cinnamon, for example, has been shown to improve fasting blood glucose levels.

3. Load up on Fresh or Frozen Fruits and Vegetables

Vegetables, fruits and whole grains also provide more nutrition per calorie than refined carbohydrates and tend to be rich in fiber. Soluble fiber, which dissolves in water, can help lower glucose levels, as well as help lower blood cholesterol. Foods with soluble fiber include apples and blueberries. Watch your starchy vegetables, though; these include potatoes, squash and corn. They’re high in vitamins and minerals, but can also be high in carbohydrates.