

Diabetes Superfoods Pack a Powerful Punch

For people living with diabetes, it's just as important to eat the right foods as it is to limit others.

Eating certain foods is as important as limiting the obvious culprits of excess sugar and white flour. The following superfoods are low glycemic and packed with varying amounts of powerful vitamins, minerals, antioxidants, fiber, healthy fats and/or protein to keep blood sugar levels stable.

Beans and Legumes

Lentils and kidney, pinto, black and garbanzo beans are loaded with protein and soluble fiber to keep you satisfied without causing blood sugar spikes. Use in soups, salads and stews.

Nuts and Seeds

Walnuts, almonds, cashews, chia seeds and hemp seeds offer varying combinations of omega-3 fats, fiber, protein and magnesium. Munch on them raw or sprinkle them on cereal or yogurt.

Green Leafy Vegetables

Spinach, broccoli, kale, mustard greens, collards and Swiss chard are high in magnesium and extremely low in calories to help fill you up for fewer calories and carbs. Enjoy in salads or sautés.

Berries

Strawberries, blackberries, raspberries and blueberries are among the highest-fiber fruits that also rank low on the glycemic index. Eat them plain or add them to cereal or smoothies.

Fatty Fish

Salmon, sardines, mackerel, herring and tuna are great meat substitutes that are packed with omega-3 fats, which can help manage triglycerides. Eat for lunch or dinner at least twice a week.

