

DIABETES DIETS FOOD CHART

These foods are extra healthy for people with diabetes, because they have near-zero net carbs and help stabilize your blood sugar



Beans

are packed with fiber, magnesium and potassium



Dark, green vegetables

deliver a powerful dose of fiber, proteins vitamins and minerals



Citrus Fruit

contain generous amounts of vitamin C and fiber



Salmon

educes triglycerides, blood pressure, and inflammation



Sweet Potatoes

contain more healthy fiber, antioxidants and vitamin A than white potatoes



Tomatoes

are an amazing low-carb source of vitamins C and E and iron



Berries

are packed with antioxidants, fiber and vitamins



Raw Nuts

are full of healthy fats and fiber



Fat-free Dairy

delivers vitamin D. Yogurt's probiotic bacteria helps keep intestines healthy and boosts immunity



Whole Grains

have folate, omega-3s, magnesium, chromium, fiber and potassium (white bread doesn't)