

Twelve Foods to Help Prevent and Manage Diabetes

Diabetes is a chronic health condition that affects how your body turns food into energy. According to the Centers for Disease Control, 37.3 million Americans—about 1 in 10—have diabetes, primarily type 2 diabetes. An even bigger health concern is that approximately 1 in 5 people with diabetes don't even know they have it. Your diet can have a major role in preventing and managing diabetes. Below are 12 foods that can help you prevent or manage diabetes.



Leafy Green Vegetables

Leafy green vegetables are rich in nutrients like vitamin C as well as antioxidants that protect your heart and eye health.



Avocado

Avocados have less than 1 gram of sugar and are associated with improved overall diet. Avocados may also have diabetes prevention properties.



Strawberries

Strawberries are low sugar fruits that have strong anti-inflammatory properties and may help improve insulin resistance.



Nuts

Nuts are a healthy addition to a balanced diet. They're high in fiber and can help reduce blood sugar and LDL (bad) cholesterol levels.



Beans

Beans are cheap, nutritious and have a low glycemic index, making them a healthy option for people living with diabetes.



Eggs

Eggs may improve risk factors for heart disease, promote good blood sugar management, protect eye health and keep you feeling full.



Flaxseeds

Flaxseeds may help reduce inflammation, lower heart disease risk, decrease blood sugar levels and improve insulin sensitivity.



Fatty Fish

Fatty fish contain omega-3 fats that help reduce inflammation and other risk factors of heart disease & stroke. It's a great source of protein, important for managing blood sugar.



Summer & Winter Squash

Summer and winter squash contain beneficial antioxidants and may help lower blood sugar.



Broccoli

Broccoli is a low-calorie, low-carb food with high nutrient value. Plus, it's loaded with healthy plant compounds that may help protect against diseases.



Garlic

Garlic helps lower blood sugar, inflammation, LDL cholesterol & blood pressure in people with diabetes.



Chia Seeds

Chia seeds contain high amounts of fiber, which may help you lose weight. They also help maintain blood glucose levels.