

Foods to Eat If You Have Diabetes

Understanding which foods to eat if you suffer from diabetes can be challenging. This is because you need to keep your blood sugar levels under control. However, it's also essential to choose foods that can help avoid diabetes complications like heart disease.

Here are some foods that you should be eating specifically if you have diabetes, both type 1 and type 2:

1. Leafy Greens

Leafy green vegetables are low in calories and are highly nutritious. They also contain low amounts of digestible carbs, a food group otherwise responsible for increasing blood sugar levels. Some of the leafy greens rich in vitamins and minerals, including vitamin C are spinach and kale. Moreover, leafy greens provide antioxidants zeaxanthin and lutein. These antioxidants prevent cataracts and macular degeneration of the eyes, one of the common complications of diabetes.

2. Cinnamon

A tasty spice with antioxidant properties is cinnamon. Cinnamon can reduce blood sugar levels and enhance insulin sensitivity. The spice can also reduce cholesterol and triglyceride levels. According to a [study](#) conducted on type 2 diabetics for 90 days, cinnamon helps to reduce hemoglobin A1c, the component used to measure average blood sugar level over 2 to 3 months.

3. Broccoli

One extremely nutritious vegetable that you shouldn't miss out on is Broccoli. Broccoli can help reduce insulin levels and protect cells against harmful free radicals generated during metabolism. Additionally, broccoli provides lutein and zeaxanthin. These are vital antioxidants that avoid eye diseases.

4. Chia Seeds

Chia Seeds are very good for people suffering from diabetes. This is because they have lower quantities of digestible carbs and are high in fiber. The viscous fiber in chia seeds lowers blood sugar levels.

The fiber content in chia seeds also helps to manage your weight. This is because fiber reduces hunger giving you a feeling of being full. Moreover, fiber decreases the number of calories you absorb from your meal.

5. Turmeric

Another spice that has significant health benefits is turmeric. It contains curcumin, an active ingredient that can decrease inflammation and blood sugar levels. It also reduces the risks of heart disease in several ways.

Also, curcumin is beneficial for the kidneys. This is vital since diabetes generally leads to kidney diseases and damage.