

Title: best food to eat and avoid with diabetes

Meta: Are you a diabetic person? You should concentrate on the foods you are eating. Here included foods that are good for diabetes and bad for diabetes.

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Foods to Eat and Avoid If you have Diabetes.- H1

Having nutritional food and following regular exercise is a must routine if you have diabetes. In addition, it will be beneficial for you to lower your blood glucose level. To manage diabetes, regulating your diet will be far more better than taking medicines.

You should keep a diet chart that includes what food to eat and what to avoid with diabetes. Following this chart regularly will be helpful for you to maintain your blood sugar level to the targeted range.

What is the need of a healthy diet plan for a diabetic person? -H2

A healthy diet chart is unavoidable for people with diabetes. Eating based on a plan will help you control your blood sugar level thereby managing your weight and controlling the risk of heart attacks and other serious health conditions.

So if you are taking extra sugar and fat through food during this time, it will lead to an uncontrollable rise in blood glucose and that may lead to serious complications to your heart, kidney, or nerve. You can keep the level of sugar in your blood low by following a healthier diet.

Best and Worst Food to eat for diabetes. -H2

What food you are consuming every day has a great impact on your blood - sugar level. It is very important to avoid food that is not good for diabetes. Here is a list showing the best food to eat and avoid when you have diabetes.

1. Use whole grains :

Whole grain is rich in carbohydrate and fiber content that is essential for you to lower your risk of suffering from heart disease. Fiber slows digestion and absorption of

carbohydrates, and might not cause blood sugar to rise in the same way as refined grains. Because whole grains make you feel fuller for longer, they are able to aid in managing weight.

You can use :

- Brown rice
- Millet
- Whole-grain pasta
- Wheat
- Oats
- Cornmeal
- Barley
- Popcorn

Avoid :

- White rice
- White bread
- White pasta
- White flour

2. Eat more fruits :

Fruits also provide essential minerals and vitamins to your body. Glycemic index is an effective method to measure the blood sugar level of a person. Diabetic patients should take low and medium GI food categories. The fiber present in fruits can reduce blood sugar spikes by reducing digestion. It can also assist in pulling cholesterol out of your heart, and improve the feeling of fullness, which results in a lower intake of food.

You can use

- Fresh fruits such as Berries, Cherries, Peaches, Apricot, Apple, Kiwi, Orange.
- Sugar-free fruit Jams,
- Canned fruit without sugar

Avoid :

- Bananas, pineapples, and mangoes (over ripen)
- Dried fruits,
- Canned fruits with sugar,
- Fruit juices

3. Load up more vegetables :

Vegetables are good to include in the healthy diet chart. If you suffer from diabetes or are trying to manage the levels of your blood sugar, eating more vegetables is a wise choice. The majority of vegetables are loaded with nutrients and fiber that can assist your body in maintaining good blood sugar levels. Different vegetables contain different nutrients as well as different varieties of fiber.

You can use,

- Fresh vegetables such as Broccoli, Carrots, Greens, Peppers, Tomatoes, Cabbage, Cauliflower, Asparagus
- Lightly steamed vegetables
- Leafy vegetables,
- Eat vegetables as plain salad

Avoid :

- Potatoes, peas
- Canned vegetables,
- Pickles,
- Vegetables cooked with sauce
- Vegetable juice

4. Protein foods

Protein is the building block for muscles and ligaments and is essential for muscle growth. It is also excellent for weight loss since it fills you up and has a relatively low-calorie density without increasing the blood sugar level. Include protein-rich food in your diet which will help to reduce blood glucose levels by reducing your weight.

You can use

- Beans, nuts, seeds (plant-based proteins)
- Fish
- Chicken (breast meat is best)
- Eggs
- Yogurt without sugar
- Reduced-fat cheese
- Milk (lactose-free)
- Peanut butter

Avoid

- Fried meats
- Regular Cheese
- Regular yogurt
- Fried fish

- Whole milk
- Honey

5. Drinks

If you live with diabetes you should keep track of what you consume and drink. Understanding the number of carbs you consume and how they impact your blood sugar levels is vital. Drinks that contain sugar can alter your blood sugar more rapidly than drinks with zero carbs and zero sugar like water.

You can use

- Plain water
- Coffee or tea without sugar and fatty milk

Avoid

- Alcohol
- Fruit juices
- Beer
- Vines
- Coffee or tea with sugar
- Energy drinks

How to Maintain your blood glucose level -H2

It's crucial to maintain the blood sugar level within your desired range in order to avoid severe health issues. Maintaining your blood sugar levels within the range you want to be in will also improve your mood and energy levels.

Along with following a proper diet and regular exercise, it will be beneficial for you to take 100% natural bioactive supplement [Algammin Diabet-Ease](#). It is rich in Fibre content and helps to increase the body's ability to produce insulin, and to lower the levels of blood sugar to promote healthy glucose metabolism.

Title: Diabetes food list: What to eat and avoid

Meta: People suffering from diabetes should swap unhealthy food items with healthier options. Keeping a healthy diet is essential to control the level of glucose in blood.