

Lost Temple Fitness

Diabetes	Foods to Eat	Foods to Avoid	Questionable or Decrease Consumption	Possible Other Names or things to Avoid
<p>If you have diabetes, your body cannot make or properly use insulin. This leads to high blood glucose, or blood sugar, levels. Healthy eating helps keep your blood sugar in your target range. It is a critical part of managing your diabetes, because controlling your blood sugar can prevent the complications of diabetes.</p> <p>Healthy diabetic eating includes</p> <p>Limiting foods that are high in sugar</p> <p>Eating smaller portions, spread out over the day</p> <p>Being careful about when and how many carbohydrates you eat</p> <p>Eating a variety of whole-grain foods, fruits and vegetables every day</p> <p>Eating less fat</p> <p>Limiting your use of alcohol</p> <p>Using less salt</p> <p><i>Medline Plus</i></p> <p><i>American Diabetes Association</i></p>	<p>Beans: Kidney, pinto, navy, or black beans</p> <p>Dark Green Leafy Vegetables: Spinach, collards, kale</p> <p>Vegetables: Non-starchy: includes broccoli, carrots, greens, peppers, and tomatoes Starchy: includes potatoes, sweet potatoes, corn, and green peas</p> <p>Fruit: Grapefruit, oranges, lemons and limes, melon, berries, apples, bananas, and grapes</p> <p>Tomatoes</p> <p>Fish High in Omega-3 Fatty Acids. Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety.</p> <p>Grains—at least half of your grains for the day should be whole grains Includes wheat, rice, oats, cornmeal, barley, and quinoa Examples: bread, pasta, cereal, and tortillas</p> <p>Protein: Lean meat Chicken or turkey without the skin Fish Eggs Nuts and peanuts Dried beans and certain peas, such as chickpeas and split peas Meat substitutes, such as tofu</p>	<p>White flour</p> <p>Processed grains, such as white rice</p> <p>Cereals with little whole grain and lots of sugar</p> <p>White bread</p> <p>French fries</p> <p>Fried white-flour tortillas</p> <p>Canned vegetables with lots of added sodium</p> <p>Vegetables cooked with lots of added butter, cheese, or sauce</p> <p>Pickles (if you need to limit sodium; otherwise, pickles are okay)</p> <p>Sauerkraut, (same as pickles; limit only if you have</p> <p>Canned fruit with heavy sugar syrup</p> <p>Chewy fruit rolls</p> <p>Regular jam, jelly, and preserves (unless portion is kept small)</p> <p>Sweetened applesauce</p> <p>Fruit punch, fruit drinks, fruit juice drinks</p> <p>Fried meats</p> <p>Higher-fat cuts of meat, such as ribs</p> <p>Pork bacon</p> <p>Regular cheeses</p> <p>Fried fish</p>	<p>Alcohol</p>	<p>Sugar Substitutes</p> <p>acesulfame potassium, (also called acesulfame K)</p> <p>aspartame</p> <p>saccharin</p> <p>sucralose</p> <p>neotame</p> <p>advantame</p> <p>stevia</p>

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	Dairy—nonfat or low fat Milk or lactose-free milk if you have lactose intolerance Yogurt Cheese Coffee or Tea	Fried tofu Beans prepared with lard Poultry with skin Whole milk Regular yogurt Regular cottage cheese Regular sour cream Regular ice cream Regular half-and-half Snacks fried in fat, such as potato chips, corn chips, pork rinds Lard, hydrogenated vegetable shortening, butter Regular mayonnaise Regular salad dressings Butter-flavored stove-top popcorn Regular sodas Regular beer, fruity mixed drinks, dessert wines Sweetened tea Coffee with sugar and cream Flavored coffee and chocolate drinks Energy drinks <i>Web Md</i>		
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