

Diabetes Super Foods

Worried about the expense of fresh food and fish?

~Buy fruits and veggies frozen

~Buy in season

~Buy canned or frozen fish

~Beans & brown rice are affordable and healthy

Here are the 10 best foods for people with diabetes.

1. Beans, dry or canned. Rinse canned beans before eating them.
2. Green, leafy vegetables like spinach, kale, and collards
3. Citrus fruit, like oranges, grapefruit, and lemons
4. Sweet potatoes
5. Berries
6. Tomatoes
7. Whole grains, like 100% whole wheat, rye, or spelt. Avoid white or enriched flours.
8. Nuts, especially walnuts and almonds
9. Baked fish
10. Fat-free dairy products

These 10 choices are low in sugar and fat. They also are high in fiber.