



Foods that Help with Diabetes & Blood Sugar

There is a lot of information out there about the impact of food on diabetes and blood sugar; I have gleaned some of this information from the links below, other research I have done, and my own experience with riding the blood sugar roller coaster ride when I was not eating really healthy :). Thankfully, I have learned to find other alternatives to six bowls of oatmeal or pb&j sandwiches at once, so my blood sugar is more stable now but I know that eating things with sugar added to them is not a good thing for me still!

What I have also learned is that if I eat a good solid meal twice a day (brunch and dinner), then I feel satisfied and don't feel the need to snack during the day, unless I am super tired / hungry! This allows my blood sugar to naturally fall back to fasting levels between meals and also allows my digestion time to rest. To get balance in my diet, I try to eat a hearty bowl of beans / lentils / split peas & rice / potatoes / other grain / starch every day for brunch and dinner, plus fresh fruits and veggies and nuts / seeds. I try to include LOTS of protein for breakfast (tofu or lentils or other cooked bean or raw nuts) so I won't be tempted to snack as much during the day. And I try to eat until I feel full so that I am satisfied after a meal and can focus on other things. That way my brain can worry about problem solving and work rather than finding more food!

Here are some simple food ideas to help with diabetes and blood sugar:

- Sweet potatoes & yams - these are naturally low on the glycemic index, especially compared to potatoes
- Any kind of beans are good, especially chickpeas (garbanzo beans), black beans, and kidney beans - these all lower blood sugar rapidly.
- Black beans (start from dried, soak overnight in lots of filtered water, pour off water in AM). Cook in a big pot with lots of fresh filtered water, bring to boil, then simmer for about 40 minutes, until soft. Yummy cooked with sweet potatoes, yams, carrots or potatoes! Add some organic spinach / other greens, oil, and sea salt in at the end for a savory dish or cook with sweet potatoes / yams and add some cinnamon and coconut / olive oil and sea salt in at the end for a sweeter dish.
- Quinoa, other whole, unprocessed grains (whole oat groats or steel cut oats - soak these whole grains first overnight and then cook with fresh water for about 40 minutes like rice, until soft). Basically you want to get the least processed possible so that they take longer to digest.



- Yams / winter squash / sweet potato are better than grains, though, as they take longer to absorb into the bloodstream and are not inflammatory like grains are.
- Raw organic nuts and seeds are good sources of protein and help with blood sugar levels also. They make a good snack with fresh fruits or veggies (some favorites - celery and cashews / sunflower seeds, carrots and sunflower seeds with olive / coconut oil, almonds / cashews and apples / bananas / pears, brazil nuts and carrots / celery / cucumber, oranges / tangerines and almonds / pecans
- Eat lots of things that are green - celery, kale, spinach, cilantro, parsley, avocados, even green apples, pears, kiwis and grapes - these all help reduce your blood sugar levels and ward off inflammation. Make a bean dip with some pinto, white kidney or black beans and eat some yummy green kale, collard, celery stems with it or mix spinach or kale into hot cooked beans and enjoy like a warm hash.
- Cinnamon is a natural and powerful spice to help control blood sugar. This is a great site (<http://www.amritaveda.com/learning/articles/powers.asp>) with info on the healing power of cinnamon. Make sure you use organic, fresh cinnamon for best medicinal quality. I use it almost daily to help with inflammation in my hip from an old injury and to make things taste yummy!

Here are some other helpful links you might want to check out -

<http://www.webmd.com/diabetes/features/diabetic-diet-6-foods-control-blood-sugar>

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html>

and see main site also for helpful tips - <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/>

<http://www.joybauer.com/photo-gallery/best-foods-for-type-2-diabetes.aspx>

<http://www.rd.com/slideshows/10-diabetes-super-foods/#slideshow=slide1>

Also - here is some information on the benefits of a vegan diet for diabetes

<http://abcnews.go.com/Health/Diabetes/wireStory?id=2244647>

<http://www.pcrm.org/health/diabetes-resources/the-vegan-diet-how-to-guide-for-diabetes>

Hope this is helpful, let me know of any other ideas and food ideas that you discover!

Best,



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