



2001 W Kenosha Street
Broken Arrow OK 74012
Herbpower21.com
1-800-798-4371

Super foods To Battle Diabetes Diet

Kefir/Probiotic

This drink, which has made its way from natural food stores to the dairy section of many supermarkets, is a thick, tangy cultured milk that tastes like yogurt.

One cup of plain, low-fat kefir has just 110 calories and 11 grams of protein, plus about 30% of your daily calcium needs.

Type 2 diabetes patients who drank kefir had better blood sugar, cholesterol and triglyceride levels than those who didn't, according to a 2015 study cited by the National Institutes of Health (NIH).

Oatmeal

This breakfast staple is filling. That's why it's a great addition to a diabetes weight-management plan, says Alison Massey, RD, CDE, director of diabetes education at Mercy Medical Center in Baltimore. This whole grain is a good source of soluble fiber, which is great for heart health and regulating blood sugar levels.

People with type 2 diabetes who ate oats regularly had healthier readings on blood glucose and cholesterol tests, according to a 2015 research review published in the journal *Nutrients*.

Try steel-cut oats, which take longer to cook but have even more soluble fiber than other types.

Chia seeds

These tiny but powerful seeds are a good source of protein, fiber and antioxidants. They also deliver more alpha-linolenic acid – the plant form of omega-3 fats – than flax or other grain seeds, according to the NIH. When combined with liquid, they form a gel that can replace fat in foods and keep you full longer.

Preliminary studies suggest that chia may help slow glucose absorption and protect against high blood sugar, according to Harvard University's Health Letter.

Add this trendy ingredient to beverages, soups, dips, dressings, smoothies – or oatmeal – as a nutritious thickener.

Avocado

Ripe avocado is the way to go if you're adding a heart-healthy fat to your sandwich or salad.

People who ate a diet low in simple carbohydrates and high in monounsaturated fat – the type you'll find in avocados – required less insulin to keep their blood glucose in normal range, a 2013 study in *Diabetes Care* found.

Avocados are also rich in potassium, which helps the body metabolize glucose, according to a March 2016 research review published in *The Journal of Physiology and Biochemistry*. Half of a medium avocado contains about 490 mg of the mineral – more than you'll get from a banana.

Hummus

This increasingly popular Mediterranean spread has protein, fiber and is rated 6 on the 100-point glycemic index (GI), a measure of how quickly foods containing carbohydrates raise blood sugar levels.

It's made with a healthful combination of cooked, mashed chickpeas (garbanzo beans), olive oil, tahini (sesame seed paste), lemon juice, salt and garlic.

Look for hummus made with extra-virgin olive oil. Researchers found it reduced after-meal blood sugar levels in patients with type 1 diabetes, according to a small April 2016 study published in *Diabetes Care*.

Wild Salmon

Wild-caught salmon (especially from Alaska) is loaded with protein and low in contaminants such as mercury.

It also has a higher proportion of omega-3 fatty acids than farmed salmon, according to Harvard Medical School. That's important, because a high intake of omega-3s was associated with a lower long-term risk of type 2 diabetes, a 2014 study published in *Diabetes Care* found.

The American Diabetes Association (ADA) recommends two or three weekly servings of lean proteins that are low in saturated fat, and salmon fits the bill.

Now try this: Sardines

Greens

Flavorful leafy greens – think kale, chard, spinach and collards – are low in calories and carbohydrates and packed with vitamins and minerals, including calcium, potassium and magnesium.

To retain the most nutrients, eat your greens raw or lightly steamed. Or briefly sauté them in olive oil.