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what can i eat american diabetes association Jun 26 2024

the best choices are fresh frozen and canned vegetables and vegetable juices without added salt sodium fat or sugar such as asparagus green beans carrots cabbage eggplant cauliflower broccoli mushrooms tomatoes spinach onion peppers

best and worst foods for diabetes webmd May 25 2024

studies show these diets can help people with diabetes reach their blood sugar heart health and weight loss goals no matter which diet appeals to you talk to your doctor before you make a

how to plan a diabetes friendly grocery list healthline Apr 24 2024

fruits and vegetables meat and seafood legumes dairy and dairy alternatives frozen foods breakfast cereals and snacks grains canned goods takeaway we include products we think are useful

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eating well is key to managing diabetes learn about diabetes plate method non starchy vegetables protein fruits fats and diabetes superfoods

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the plan helps you control your blood sugar also called blood glucose manage your weight and control heart disease risk factors these factors include high blood pressure and high blood fats when you eat extra calories and carbohydrates your blood sugar levels rise

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some of the best foods for people with diabetes are high protein low sugar options like avocados and fatty fish figuring out the best foods to eat when you have diabetes

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