



Smart Blood Sugar

99 Foods for Diabetics



99 Foods for Diabetics

Introduction

If you've been diagnosed with pre-diabetes, diabetes, or metabolic syndrome, and don't know what is safe to eat and what isn't, this handy guide is exactly what you need to alleviate your confusion, and help you take an active role in your healing.

As always, please consult with your physician prior to making any decisions regarding your diet, or any changes to the medications you may be taking. The information in this report is not meant to be medical advice.

Why These Foods Work

The foods listed in this guide contain nutrients that have been scientifically proven to increase insulin sensitivity, decrease blood glucose levels, stabilize your immune system, and prevent diabetes-related medical complications.

There are seven major nutrients every diabetic should have in their diet.

Let's look at them in detail:

Omega-3 Fatty Acids:

The American Diabetes Association published a promising study that linked regular omega-3 fatty acid intake to a decrease in kidney disease, a common medical complication associated with diabetes. The study saw "a potential effect of n-3 PUFA supplementation on markers of kidney injury in patients with diabetes and early evidence of kidney disease".

Research has also suggested that regular consumption of omega-3 fatty acids improves insulin sensitivity in non-insulin-dependent diabetics.

Omega-3 fatty acids have strong cardiovascular benefits, as well. The American Heart Association conducted a study that indicated regular fish consumption decreases the likelihood of coronary heart disease in both women and men.

For diabetics, the Mayo Clinic recommends a dose of 0.6 to 4.6 grams of fish oil per day for four weeks to one year. (This is if you choose to take omega-3 fatty acid supplements in addition to consuming foods rich this nutrient.)



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It's best to get the bulk of your nutrients from food. If you are thinking about taking a supplement, be sure to speak with your doctor first. He or she will know the right dosage for you based on your current medications and nutritional needs.

Vitamin D:

A study published by the Journal of Clinical Endocrinology and Metabolism suggested that vitamin D insufficiency “may negatively influence glycemia”, and this nutrient “may be beneficial in optimizing glucose metabolism.”

The American Diabetes Association published a study that suggested, “vitamin D deficiency may be associated with a range of serious diseases, including cancer, cardiovascular disease, and type 2 diabetes.”

The National Institutes of Health recommends 600 International Units of vitamin D per day for both women and men between the ages of 51 and 70.

Eating foods that are high in vitamin D can help keep your immune system functioning optimally. Ask your doctor to test your vitamin D levels to check for a deficiency. If one is found, he or she may recommend a supplement in addition to your diabetic-friendly diet.

Fat:

“Fats are not the enemy.” That is a direct quote from the American Diabetes Association. In fact, shying away from fat can actually worsen your condition rather than improve it. Fat is absolutely essential to digestive, cognitive, and neurological health. Your body needs fat in order to carry out many of its vital functions.

If you're concerned about weight gain, you'll be relieved to know that regular consumption of fat has actually been shown to help you shed pounds, because it gives you the nourishment your body craves, and keeps you feeling fuller longer.

This list of 99 foods will help you better understand the type of fat you should consume to get the most health benefits. Nuts, for example, are full of fat, protein, and essential nutrients that have been linked to a considerable reduction in cardiovascular disease.

The Acceptable Macronutrient Distribution Ranges (AMDR) of total fat are 20 to 35 for people aged 50 to 70 years.



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Magnesium:

A study published by Diabetes Care suggested “a significant inverse association between magnesium intake and diabetes risk.”

The American Diabetes Association also published a study on this essential nutrient, revealing its ability to reduce risk of impaired glucose and insulin metabolism.

Magnesium deficiency may occur as the result of prescription medication, including antibiotics and oral contraceptives. Eating foods rich in this nutrient may reduce your risk for diabetes-related health complications while protecting your heart.

The National Institutes of Health recommend an RDA of 420 milligrams of magnesium for men, and 320 milligrams for women ages 51 and up.

Chromium (Glucose Tolerance Factor - GTF):

Glucose Tolerance Factor (GTF) is the biologically active form of the trace mineral, chromium. A study published by The American Diabetes Association showed “chromium supplementation resulted in significant decreases in mean FPG, 2-h glucose, and fructosamine.”

In other words, this trace mineral seems to be quite effective in improving your fasting glucose levels, as well as decreasing your overall glucose levels.

The National Institutes of Health recommend 30 micrograms of chromium per day for men, and 20 micrograms per day for women aged 50 and over.

Glutathione:

Glutathione is a sulfur-containing antioxidant compound vital to the health of diabetics.

From a study published by The American Diabetes Association: “Patients with uncontrolled type 2 diabetes have severely deficient synthesis of glutathione attributed to limited precursor availability.”

As a diabetic, your body is under a significant and constant amount of oxidative distress. Eating foods containing glutathione may help reverse deficiency, stabilize your immune system, and protect you from diabetes-related medical complications.

There is no RDA for glutathione.



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Good Bacteria (Probiotics):

If you have diabetes, you may have a damaged gut. This means a lowered probiotic count, and an insufficient amount of natural enzymes to break down and make use of the nutrients in food.

You may also be infected with a bacterium called *H. pylori*, which has been linked to the influence of metabolic control in patients with type 2 diabetes.

Probiotics are “good bacteria” that help regulate your digestive system and keep your immune system functioning at its best.

A study published by Diabetes/Metabolism Research and Reviews claims probiotic supplementation to be “a novel multifactorial strategy to abrogate progression and development of diabetes.”

This means eating foods rich in these healing organisms may help improve your glucose control.

There is no RDA for probiotics. The optimal amount varies by individual need.



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1

Wild-Caught Salmon

Description:

The omega-3 fatty acid content of wild-caught salmon has been shown to improve insulin resistance in laboratory studies. It also contains protein to help keep your blood sugar stable, and vitamin B12, which may be helpful in preventing a deficiency in this nutrient (a common side effect of Metformin).

Why It Works:

A 3-ounce serving of Wild King Salmon contains up to 1,500 milligrams of omega-3 fatty acids, 17 grams of protein, and 46 percent of your Daily Value (DV) of vitamin B12.



2

Tuna

Description:

Fresh tuna steak is rich in omega-3 fatty acids, which may help reduce chronic inflammation and protect against cardiovascular disease. It is also rich in protein to help keep blood sugar levels stable.

Why It Works:

A 3-ounce serving of cooked bluefin tuna contains 1,000 to 1,500 milligrams of omega-3 fatty acids and 25 grams of protein.



3

Black Cod

Description:

Black cod has a distinct buttery taste and is rich in fat, protein, and omega-3 fatty acids. It contains no carbohydrates. A low-carbohydrate, high-fat diet is good for diabetics, as it has been shown to reduce glucose and plasma insulin levels.

Why It Works:

Just half a fillet of black cod contains 29.53 grams of fat and 25.88 grams of protein.



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4

Sardines

Description:

Sardines contain omega-3 fatty acids to protect heart health, and reduce glucose and plasma insulin levels. They are also a rich source of vitamin B-12, which may prevent a deficiency linked to Metformin use.

Why It Works:

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5

Mackerel

Description:

Wild mackerel is another excellent seafood source of omega-3 fatty acids that may protect your heart and reduce your plasma insulin levels. It is also a good source of fat and protein, which helps keep your blood sugar levels stable for longer periods of time.

Why It Works:

One fillet of mackerel contains 16 grams of fat, 21 grams of protein, and 1,000 to 1,500 milligrams of omega-3 fatty acids.



6

Halibut

Description:

This flatfish is high in vitamin D, which has been shown to be effective in improving glucose metabolism in laboratory studies. It also provides some heart-healthy omega-3 fatty acids.

Why It Works:

One half-a-fillet (159 grams) serving of halibut provides 91% of your Daily Value of vitamin D and 500 to 1,000 milligrams of omega-3 fatty acids. It also contains 36 grams of protein.



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7

Rainbow Trout

Description:

Rainbow trout offers yet another seafood option for diabetics to enjoy. This fish offers a generous amount of vitamin B12 to prevent possible Metformin-induced deficiency, as well as protein and fat to keep blood sugar levels stable. It also contains omega-3 fatty acids to protect your heart and reduce your glucose and insulin levels.

Why It Works:

One 3-ounce serving of rainbow trout provides 70 percent of your Daily Value of vitamin B12, 21 grams of protein, 6 grams of fat, and 500 to 1,000 milligrams of omega-3 fatty acids.



8

Virgin Coconut Oil

Description:

Virgin coconut oil is one of the best kitchen oils a diabetic can use. It contains medium-chain fatty acids (MCFA), which, unlike the long-chain fatty acids found in other foods, are easily digested and metabolized. This provides an increase in energy without contributing to weight gain. A laboratory study also indicates virgin coconut oil is effective in protecting against diabetes-induced renal failure.

Why It Works:

One tablespoon of coconut oil contains 60 percent of your Daily Value of saturated fat.



9

Full-Fat, Plain Yogurt

Description:

Full-fat, plain yogurt provides live, active cultures that have been shown to improve your digestion and absorption of nutrients, while helping to stabilize your immune system. The fat and protein content also keep your blood sugar levels stable. It can be eaten plain, used in a homemade salad dressing, or as the base for a dip.

Why It Works:

One cup of plain, full-fat Greek yogurt contains up to 18 grams of protein to keep you feeling fuller longer, and 10 grams of fat to stabilize your blood sugar. Live, active culture count varies by brand. Avoid unnecessary additives like sugar, aspartame, and food dyes.



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10

Milk Kefir

Description:

Milk kefir is a sour, probiotic-rich drink that offers a powerful dose of live, active cultures to help reduce inflammation, improve your digestion, and stabilize your immune system.

Why It Works:

Homemade milk kefir can contain up to 1 billion colony forming units of Lactobacilli per milliliter. This is one strong dose of healing probiotics!



11

Kimchi

Description:

Kimchi is a fermented cabbage that offers a pleasantly-sour flavor with a spicy kick. It is a traditional Korean food, and can be found in Asian markets and certain chain grocery stores.

Why It Works:

This fermented food is rich in Lactobacillus kimchii, which may help strengthen your digestion, and bolster your immunity. It is also high in beta-carotene, which may improve your natural glutathione levels.



12

Sauerkraut

Description:

According to laboratory findings, home-fermented sauerkraut may be the richest source of gut-healing probiotics on the planet.

Why It Works:

Just two ounces of home-fermented sauerkraut contains more probiotics than a 100-count bottle of probiotics!



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13

Kombucha

Description:

Kombucha is a fizzy drink that tastes similar to flavored seltzer. It can be purchased at your local health-food store or grocery store. It can also be made at home.

Why It Works:

Kombucha is packed with probiotics for improved digestion and immunity. It also contains acetic acid, which may stabilize blood sugar.



14

Swiss Chard

Description:

Swiss chard is a popular green leafy vegetable, rich in antioxidants that scavenge free radicals, and boost your immunity. It also contains vitamin A, which insulin-dependent diabetics have been shown to be deficient in. The magnesium content in Swiss chard may play a role in insulin dysregulation.

Why It Works:

A 1-cup serving of Swiss chard contains 2,202 International Units of vitamin A and 29 milligrams of magnesium.



15

Kale

Description:

Kale is a leafy vegetable with either green or purple leaves. It is closer to the cabbage family than most traditional vegetables. It may surprise you to know that this vegetable offers 0.6 grams of fat. It is also rich in vitamin A, which insulin-dependent diabetics may be deficient in, and vitamin C, which boosts your natural immunity. Furthermore, kale contains alpha-lipoic acid, which may lower your glucose levels, and treat diabetic neuropathy.

Why It Works:

Kale is a vegetable source of fat, which has been shown to be beneficial for diabetics. One cup of cooked kale offers 17,707.30 International Units of vitamin A, and 53.30 milligrams of vitamin C, as well as 2.47 grams of protein to help keep your blood sugar stable.



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16

Spinach

Description:

Spinach is a hearty, leafy green vegetable source of fat. It also contains the powerful antioxidant, glutathione, which has been shown to decrease the risk of diabetic nephropathy and neuropathy.

Why It Works:

Spinach is considered a “functional food”, which means it provides more benefits than simple nutrition. It may help relieve the symptoms of chronic disease through its high antioxidant content.



17

Collard Greens

Description:

Collard greens are high in vitamins, minerals, and antioxidants that nourish your body and help stabilize the symptoms of chronic disease. It is also an excellent source of vitamin K, which has been shown to improve insulin resistance.

Why It Works:

One cup of chopped and cooked collard greens contains 1.4 grams of fat and 5 grams of protein. Furthermore, it offers an impressive 1,059 micrograms of vitamin K!



18

Mustard Greens

Description:

With mustard greens, you have another tasty choice of antioxidant-packed, plant-based nutrition. Mustard greens are a good source of protein, vitamin K, and magnesium.

Why It Works:

One cup of cooked mustard greens provides 3.58 grams of protein, 18.20 grams of magnesium, and 830 micrograms of vitamin K!



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Turnip Greens

Description:

On a list of foods for diabetics, you can't forget the turnip greens. This green leafy vegetable owes its bitterness to its high calcium content. Calcium has been associated with a smaller rise in fasting glucose levels. These greens also offer a powerful dose of vitamin K, which has been shown to improve insulin resistance.

Why It Works:

One cup of cooked mustard greens contains 197.28 grams of calcium and 529.34 micrograms of vitamin K.



20

Coffee

Description:

Coffee has been linked to better glucose tolerance and lowered insulin resistance. In a laboratory study, the components that appear to have the most positive impact on the treatment and prevention of diabetes are, chlorogenic acid, quinic acid, trigonelline, and the lignan, secoisolariciresinol.

Why It Works:

Consumption of two or more cups of caffeinated or non-caffeinated coffee each day appears to substantially lower the risk of type 2 diabetes in women between the ages of 26 and 46.



21

Amaranth

Description:

This nutty-tasting seed has been cultivated as a grain for 8,000 years. It is a complete protein that contains eight essential amino acids, including lysine, which is often missing in most grains. It is also a good source of dietary fiber, magnesium, and manganese, a mineral that may play a role in both glucose homeostasis and renal function. A laboratory study revealed that the consumption of amaranth decreases serum glucose levels and increases serum insulin levels in diabetic rats.

Why It Works:

One cup of amaranth provides 14 grams of fat, 26 grams of protein, 479 milligrams of magnesium, and 105 percent of your Daily Value of manganese.



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22

Escarole

Description:

Fancy a salad? This mildly-flavored lettuce is rich in antioxidants, dietary fiber, vitamins, and minerals to support your overall health. Regular consumption of escarole and other green leafy vegetables may help keep your weight stable and reduce your risk of diabetes-related health complications.

Why It Works:

One head of escarole provides 11,117 International Units of vitamin A, 1185.0 micrograms of vitamin K, and 267 milligrams of calcium. Escarole also contain a high concentration of carotenoids, which may help maintain the health of the macula and lens of the eye.



23

Romaine Lettuce

Description:

Romaine lettuce is a good vegetable source of protein, fat, vitamin K, and omega-3 fatty acids.

Why It Works:

Two cups of romaine lettuce provides 1.16 grams of protein, 0.28 grams of fat, 96.35 micrograms of vitamin K, and 5 percent of the Recommended Daily Allowance (RDA) of omega-3 fatty acids.



24

Arugula

Description:

Would you eat a “salad rocket”? This is another name for arugula, a peppery, slightly-bitter lettuce that provides a good vegetable source of protein and fat. It also provides plenty of vitamin A and vitamin K.

Why It Works:

Half a cup of arugula lettuce offers 0.26 grams of protein, 0.07 grams of fat, 237 International Units of vitamin A, and 10.9 micrograms of vitamin K.



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Quinoa

Description:

Quinoa isn't a grain, it's a goosefoot with grain-like seeds. (A goosefoot is a type of plant with divided leaves that is said to resemble the foot of a goose.) It is a good source of protein, fat, and magnesium.

Why It Works:

A 1-cup serving of quinoa provides 24 grams of protein, 10.32 grams of fat, and 335 milligrams of magnesium.



26

Watercress

Description:

Watercress is a good vegetable source of protein that contains vitamin K, magnesium, and manganese.

Why It Works:

One cup of chopped watercress offers 0.78 grams of protein, 85.0 micrograms of vitamin K, and 7 milligrams of magnesium.



27

Asparagus

Description:

Asparagus is loaded with antioxidants, including glutathione. It also contains vitamin K.

Why It Works:

One cup of asparagus provides 114 micrograms of vitamin K. Glutathione helps fight the free radicals that cause chronic inflammation and contribute to chronic disease. It also acts as a "prebiotic" that provides digestive support.



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28

Squash

Description:

There are many tasty varieties of squash to choose from, and all of them contribute to your good health.

Why It Works:

Summer squash is rich in antioxidants and one cup of sliced, cooked, summer squash offers 6 percent of your Daily Value of omega-3 fatty acids. A serving of cooked butternut squash (100 grams) provides 29 milligrams of magnesium. A cup of acorn squash offers 45 milligrams of magnesium.



29

Ginger

Description:

Ginger is a potent spice that can be eaten raw, taken in tea, or used in extract form. It is a powerful anti-inflammatory that has been used to improve digestion, relieve pain, and fight bacterial infections.

Why It Works:

A laboratory study revealed that ginger helps muscles take up glucose into their cells, decreasing insulin resistance.



30

Lox

Description:

Lox is smoked salmon, a protein-rich, fatty fish traditionally served with cream cheese. It is high in omega-3 fatty acids and essential minerals.

Why It Works:

Combining lox with cream cheese offers a good amount of fat to keep your blood sugar levels stable for longer periods of time. Each 3-ounce serving of lox provides 41 percent of the DV of omega-3 fatty acids for women, and 28 percent for men.



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Buckwheat

Description:

There are many tasty varieties of squash to choose from, and all of them contribute to your good health.

Why It Works:

Buckwheat has been shown to modulate gastrointestinal satiety hormones and lower glucose levels up to 19 percent in diabetic rats. A 1-cup serving offers a filling 22.52 grams of protein.



32

Mushrooms

Description:

Mushrooms are considered “functional foods” because they provide health benefits beyond simple nutrition. Mushrooms are rich in essential nutrients and antioxidants that may help give you an energy boost while keeping chronic colds and flu at bay.

Why It Works:

Studies have shown that reishi mushrooms may inhibit an enzyme the liver uses to produce glucose. Eating mushrooms regularly may also improve your natural vitamin D levels.



33

Peppers

Description:

Peppers are a good addition to any diabetic diet, as they provide glutathione and vitamin C, two powerful antioxidants that help lower oxidative stress in patients with chronic disease.

Why It Works:

One cup of chopped bell pepper contains 551 International Units of vitamin A and 119.8 milligrams of vitamin C.



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Broccoli

Description:

Broccoli is a powerhouse of nutrition because it contains both glutathione and chromium. Glutathione is a powerful antioxidant that may help reduce inflammation. Research has suggested that chromium may help regulate blood sugar levels.

Why It Works:

One cup of cooked broccoli offers 101.24 milligrams of vitamin C, 3.71 grams of protein, and 5.15 grams of dietary fiber. It also provides over 245 percent of your DV of vitamin K, and 53 percent of your Daily Value of chromium.



35

Artichokes

Description:

Artichokes are a good source of dietary fiber, protein, and vitamin C. They are another vegetable that provides fat, which appears to reduce the risk of diabetes in women.

Why It Works:

One medium artichoke provides 7 grams of dietary fiber, 4.2 grams of protein, and 0.2 grams of fat.



36

Bamboo Shoots

Description:

Bamboo shoots contain high levels of phenolic compounds. These compounds act as powerful antioxidants, which provide strong antibacterial and anti-inflammatory benefits. Bamboo shoots are also an excellent source of dietary fiber.

Why It Works:

A 1-cup serving of raw bamboo shoots provides 6 milligrams of vitamin C and 3.3 grams of fiber.



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Bok Choy

Description:

Bok choy (Chinese cabbage) is a leaf vegetable rich in phytonutrients, vitamins, minerals, and antioxidants. It even provides a bit of protein and fat.

Why It Works:

One cup of shredded bok choy offers 31.5 milligrams of vitamin C, 1.05 grams of protein, and 0.14 grams of fat.



38

Leeks

Description:

Leeks are in the group of Allium vegetables, like garlic and onion, but provide a more delicate and sweet flavor. They are a good source of the flavonoid, kaempferol, which may help reduce your risk of cardiovascular disease.

Why It Works:

A 1-cup serving of cooked leeks provides 844.48 International Units of vitamin A, 4.37 milligrams of vitamin C, 0.84 grams of protein, and 0.21 grams of fat.



39

Okra

Description:

Okra is most widely used in the southern half of the United States. Despite its slimy texture, okra is quite tasty when cut and fried in coconut, avocado, or olive oil. It is a good vegetable source of protein and fat, and is rich in vitamin C.

Why It Works:

One cup of raw okra provides 1.93 grams of protein, 0.19 grams of fat, and 23.0 milligrams of vitamin C.



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40

Pea Pods

Description:

Pea pods are a filling source of vegetable protein. They are also rich in the antioxidant, vitamin C, which has been linked with the reduction of blood glucose in those with type 2 diabetes.

Why It Works:

A 1-cup serving of raw, chopped pea pods offers 98 percent of your DV of vitamin C and 3.0 grams of protein.



41

Radishes

Description:

Radishes may be small cruciferous vegetables, but they pack a lot of flavor and nutrition into one serving. They are quite tasty when sliced thin and added to a salad.

Why It Works:

Although you likely wouldn't want to eat an entire cup of radishes at once, a 1-cup serving of chopped radishes provides 17.2 milligrams of vitamin C. Radishes also contain an antioxidant compound called sulforaphane, which has been linked to a decreased risk of certain cancers.



42

Turnips

Description:

If you're like most people, turnips are more a holiday food to be enjoyed once or twice a year. Making these nutrient-dense root vegetables a part of your everyday diet may help ease inflammation, decrease bruising, and prevent certain cardiovascular diseases.

Why It Works:

One cup of raw, cubed turnips provides 27.3 milligrams of vitamin C, 1.17 grams of protein, and 14 grams of magnesium.



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Hearts of Palm

Description:

Hearts of palm is a type of vegetable harvested from the edible core of palm tree stems. This vegetable has a similar taste to that of asparagus and artichoke hearts. Hearts of palm can be eaten plain, cut up into a salad, or as a base for dips.

Why It Works:

A 1-cup serving of canned hearts of palm offers 4 filling grams of protein, 4 grams of dietary fiber, and 1 gram of fat.



44

Jicama

Description:

Jicama, also known as the Mexican yam, can add a unique flavor to stir-fry dishes or a tangy crunch to your favorite salad. Jicama is good for diabetics because it is high in vitamin C.

Why It Works:

A 1-cup serving of jicama provides 26.3 milligrams of vitamin C and 6.4 grams of dietary fiber.



45

Kohlrabi

Description:

Kohlrabi, also known as turnip cabbage, is rich in antioxidants and phytochemicals such as, isothiocyanates, sulforaphane, and indole-3-carbinol, which may help reduce damaging free radicals and assist in stabilizing your immune system.

Why It Works:

A 1-cup serving of kohlrabi provides 83.7 milligrams of vitamin C. It also offers 4.9 grams of dietary fiber, which has been shown to improve glycemic control in individuals with type 2 diabetes.



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Beets

Description:

Beets are root vegetables that pack a powerful nutritional punch. They provide manganese, dietary fiber, magnesium, and vitamin C. They also contain phytonutrients called betalains, which have been shown to provide strong antioxidant and anti-inflammatory support.

Why It Works:

A 1-cup serving of sliced, cooked beets provides 3.40 grams of dietary fiber, which may help improve glycemic control, 2.86 grams of protein to keep you feeling full, and 0.31 grams of fat to keep your blood sugar stable.



47

Cauliflower

Description:

Cauliflower is one of the more common vegetables in the Brassica family. It offers protein, vitamin C, dietary fiber, and fat. Cauliflower can be mashed, seasoned, and buttered in place of the traditional potato side dish.

Why It Works:

One cup of chopped, raw cauliflower contains 51.6 milligrams of vitamin C, 2.05 grams of protein, and 2.1 grams of dietary fiber.



48

Celery

Description:

Celery is a crunchy, flavorful vegetable that contains phenolic nutrients that have been shown to protect against free-radical damage. It is also a good source of vitamin K. Chop it raw and dip it into some full-fat, natural peanut butter for a healthy, protein-rich snack.

Why It Works:

One cup of diced, raw celery provides 33 percent of your Daily Value of vitamin K. Research has also shown that celery is effective in fighting *H. pylori* infection, a bacterium that has been associated with reduced metabolic control of diabetes.



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Avocado

Description:

Avocado is a creamy, full-flavored (believe it or not) fruit loaded with fat and protein to keep your blood sugar stable for longer periods of time. It also offers an impressive amount of dietary fiber.

Why It Works:

A 1-cup serving of cubed avocado provides 21.99 grams of fat, 3 grams of protein, and 10.05 grams of dietary fiber.



50

Carrots

Description:

Carrots are a rich source of vitamin A, which insulin-dependent diabetics are often deficient in. It also contains beta-carotene, which may help protect your eyes from macular degeneration.

Why It Works:

One cup of raw, sliced carrots contains 20,381.32 International Units of vitamin A. It also provides 3.42 grams of dietary fiber and 1.13 grams of protein.



51

Eggplant

Description:

Eggplant is a spongy, unique-tasting member of the nightshade family. Not only does it provide a good source of dietary fiber, it is also loaded with antioxidants that help fight free radicals and slow the progression of diabetes and its complications.

Why It Works:

A 1-cup serving of cubed, cooked eggplant offers 2.47 grams of fiber, 0.82 grams of protein, and a phenolic compound called chlorogenic acid, which research has suggested provides anti-cancer, antimicrobial, anti-LDL (bad cholesterol), and antiviral properties.



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Almonds

Description:

Almonds are a great snack choice for diabetics as they provide a good amount of filling protein, nourishing fat, and healing magnesium. This essential mineral has also been shown to decrease the likelihood of diabetes development.

Why It Works:

A 1/4-cup serving of sliced, raw almonds provides 4.88 grams of protein, 11.37 grams of fat, and 61.64 milligrams of magnesium.



53

Pumpkin Seeds

Description:

Pumpkin seeds offer protein, fat, fiber, and magnesium. Enjoying them as a snack will help keep you feeling fuller longer, and may help stabilize your blood sugar.

Why It Works:

A 1-cup serving of roasted pumpkin seeds provides 11.87 grams of protein, 12.42 grams of fat, 11.8 grams of dietary fiber, and 168 milligrams of magnesium.



54

Walnuts

Description:

Walnuts are high in fat and protein, which keep you feeling fuller longer, and may prevent excess weight gain. They are also rich in antioxidants and anti-inflammatories that have been shown to improve cardiovascular health. These tasty nuts can be eaten on their own or added to your favorite salad.

Why It Works:

A 1-cup serving of chopped walnuts provides 76.30 grams of fat, 17.82 grams of protein, and 185 milligrams of magnesium.



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Apples

Description:

Apples are a high-fiber snack rich in phytonutrients that may help regulate your blood sugar.

Why It Works:

One medium apple provides 4.4 grams of dietary fiber. The polyphenols in apples have been shown to decrease the amount of glucose absorbed by the digestive tract.



56

Blueberries

Description:

Blueberries are a good source of fiber, protein, and antioxidants. Studies have indicated that antioxidants may help regulate your blood sugar while reducing your risk of cardiovascular disease.

Why It Works:

A 1-cup serving of fresh blueberries provides 3.55 grams of dietary fiber, 1.10 grams of protein, and 14.36 milligrams of vitamin C.



57

Raspberries

Description:

Raspberries are high in fiber, and provide a rich array of antioxidants to protect and improve your health. d.

Why It Works:

A 1-cup serving of raspberries provides 7.99 grams of dietary fiber, 1.48 grams of protein, and 27.06 milligrams of magnesium. Raspberries also contain a special flavonoid, called tiliroside, which has been shown, in preliminary studies, to improve insulin, blood sugar, and blood fat balance in those who are obese and have type 2 diabetes.



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58

Blackberries

Description:

Blackberries are incredibly rich in healing antioxidants, containing 5.75 millimoles per serving, which surpasses the antioxidant content of many other foods. They are also a good source of fiber, protein, and vitamin C.

Why It Works:

A 1-cup serving of blackberries offers 5 grams of fiber, 1 gram of protein, and 35 percent of your Daily Value of vitamin C.



59

Strawberries

Description:

Strawberries are a rich source of vitamin C, manganese, and fiber. Try them cut up and mixed into a cup of full-fat, plain yogurt for a filling snack.

Why It Works:

A 1-cup serving of fresh strawberries offers 113 percent of your Daily Value of vitamin C, 28 percent of your DV of manganese, and 12 percent of your DV of dietary fiber. Research has also speculated that strawberries can improve the regulation of blood sugar due to their polyphenol content.



60

Beef Jerky

Description:

Beef jerky is the perfect travel snack for diabetics. Rich in protein and fat, these chewy pieces of meat can help keep you feeling full for hours while stabilizing your blood sugar.

Why It Works:

A 1-ounce serving of beef jerky provides 9 grams of protein and 7 grams of fat.



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Salmon Jerky

Description:

Salmon jerky is a good source of protein, omega-3 fatty acids, and fat. This makes it a healthy grab-and-go snack.

Why It Works:

A 1-ounce serving of salmon jerky offers 14 grams of protein and 2.5 grams of fat.



62

Bacon

Description:

Bacon is rich in both fat and protein, which can help keep your blood sugar levels stable for longer periods of time. The most healthful bacon you can consume comes from pastured pigs.

Why It Works:

A 1-ounce serving of bacon provides 11 grams of protein and 11 grams of fat.



63

Shrimp

Description:

Shrimp is a versatile seafood that can be used in a variety of dishes. This tasty crustacean is a good source of astaxanthin, a carotenoid that provides antioxidant and anti-inflammatory benefits.

Why It Works:

One medium-sized serving of shrimp provides 1.22 grams of protein and 0.1 grams of fat.



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64

Black Beans

Description:

Black beans have a high indigestible fraction (IF), which has been shown to support the lower digestive tract. Research links the consumption of black beans with a lowered risk of diabetes development. It is also rich in filling protein.

Why It Works:

A 1-cup serving of cooked black beans provides 15.24 grams of protein, 0.93 grams of fat, and 14.96 grams of dietary fiber.



65

Kidney Beans

Description:

Kidney beans are high in protein and fiber. The protein keeps you feeling full, while the fiber assists in stabilizing your blood sugar. Kidney beans are also a good source of magnesium.

Why It Works:

A 1-cup serving of kidney beans provides 15.35 grams of protein, 11.33 grams of dietary fiber, and 74.34 milligrams of magnesium.



66

Navy Beans

Description:

Navy beans are rich in protein and fiber to keep both your weight and blood sugar levels stable.

Why It Works:

A 1-cup serving of boiled navy beans contain 14.98 grams of protein and 19.10 grams of dietary fiber. It also offers 1.13 grams of fat.



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Fava Beans

Description:

Fava beans are a good source of manganese, magnesium, protein, and dietary fiber.

Why It Works:

One cooked cup of fava beans provides nearly 100 percent of the RDA value of manganese for women and 70 percent for men. It also offers 13 grams of protein and 9 grams of dietary fiber.



68

Full-fat Mayonnaise

Description:

This popular condiment offers a creamy, rich source of fat that may help stabilize your blood sugar. Use full-fat mayo as a dip for your favorite cut vegetables, or put a dollop on a piece of cooked chicken breast for a burst of flavor.

Why It Works:

A little over three tablespoons of full-fat mayonnaise provides 12.5 grams of fat.



69

Chickpeas (Garbanzo Beans)

Description:

In addition to protein and fiber, chickpeas are a rich source of the antioxidant, manganese. A laboratory study has shown this mineral element to be effective in increasing insulin resistance and improving glucose tolerance.

Why It Works:

One 1-cup serving of cooked chickpeas offers 14.53 grams of protein, 12.46 grams of dietary fiber, and 1.69 milligrams of manganese.



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Lentils

Description:

Lentils are a satisfying source of protein and dietary fiber. They are also rich in magnesium.

Why It Works:

A 1-cup serving of cooked lentils contains 17.86 grams of protein, 15.64 grams of fiber, and 71.28 milligrams of magnesium.



71

Fenugreek

Description:

Fenugreek is a legume commonly used in Indian dishes. It is a good source of protein and dietary fiber.

Why It Works:

One tablespoon of fenugreek contains 2.55 grams of protein and 2.7 grams of dietary fiber. It also contains an amino acid, 4-hydroxy isoleucine, which has been shown to lower blood sugar levels in people with diabetes.



72

Chicory

Description:

Chicory root contains inulin, a type of fiber that helps maintain good digestive health. If you want to try something new, chicory can also be enjoyed as a coffee substitute.

Why It Works:

One cup of chicory "coffee" contains 38 milligrams of caffeine, which has been shown to reduce glucose uptake in individuals with type 2 diabetes, before and after exercise.



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73

Cherries

Description:

Cherries contain antioxidants and dietary fiber, two essential components of a healthy diet. In addition to eating the fruit itself, you can also drink unsweetened, tart cherry juice to reduce inflammation.

Why It Works:

A 1-cup serving of pitted, red cherries offers 1.55 grams of protein, 2.5 grams of dietary fiber, and 14 milligrams of magnesium. Eating cherries has also been linked to the reduction of gout flare-ups, a common medical concern among diabetics.



74

Cranberries

Description:

Cranberries are high in fiber, antioxidants, and polyphenols to help keep blood sugar levels stable, reduce inflammation, and improve cardiovascular health.

Why It Works:

A 1-cup serving of cranberries offers 4.60 grams of fiber, 13.30 grams of vitamin C, and 6.00 milligrams of magnesium.



75

Flaxseed

Description:

Flaxseed is a rich vegetarian source of omega-3 fatty acids, which has been shown to improve insulin sensitivity in non-insulin-dependent diabetics. It has also been shown to reduce the risk of diabetes in obese individuals with glucose intolerance. Ground flax seeds can be added to full-fat, plain yogurt, or as a flavorful salad topping.

Why It Works:

Just two tablespoons of ground, raw flax seeds offer 3.19 grams of omega-3 fatty acids. That's 133 percent of your Daily Value!



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76

Eggs

Description:

Love eggs? Well, you don't have to give them up on a diabetic diet. As a matter of fact, studies have shown that regular consumption of eggs may improve HDL cholesterol levels! Eggs are also rich in protein and fat, as well as two vital nutrients, chromium and choline. Chromium is trace element that has been shown to regulate blood sugar levels. Research has shown that choline may help reduce the risk of cardiovascular disease in those with diabetes.

Why It Works:

One large pasture-raised, hard-boiled egg contains 6.29 grams of protein, 5.32 grams of fat, 0.20 mcg of chromium, and 146.90 mg of choline.



77

Cod Liver Oil

Description:

Depending on your generation, you may or not be familiar with cod liver oil. Most who have taken it directly off the spoon as a child are not thrilled to line up and do it again as an adult. The good thing is, you can now take it in supplement form!

Why It Works:

A laboratory study has shown that cod liver oil may prevent abnormal plasma glucose, triacylglycerol, and cholesterol levels in those with diabetes. Cod liver oil also contains an omega-3 fatty acid called EPA, which is important to both cardiovascular and brain health.



78

Green Tea

Description:

The consumption of six or more cups of green tea per day has been shown to reduce the risk of diabetes by 33 percent, according to a laboratory study. Green tea is rich in anti-inflammatory antioxidants and polyphenols.

Why It Works:

You don't have to drink six cups of green tea a day to enjoy its health benefits. Just a cup or two may provide the antioxidant boost you need to reduce your risk of cancer and heart disease. It may also help trim your waistline.



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79

Tomatoes

Description:

Tomatoes are a savory and versatile fruit (yes, fruit) loaded with vitamin C, iron, vitamin E, and an anti-inflammatory antioxidant compound called lycopene, which has been shown to protect the cardiovascular system.

Why It Works:

One cup of sliced, raw tomatoes offers 24.66 milligrams of vitamin C, 1.45 International Units of vitamin E, and 4,631.40 micrograms of lycopene.



80

Extra Virgin Olive Oil

Description:

Extra virgin olive oil is an excellent source of fat for diabetics.

Why It Works:

One tablespoon of cold-pressed, extra virgin olive oil provides 13.50 grams of fat. It also offers 2.89 International Units of vitamin E.



81

Peanut Butter

Description:

Peanut butter is rich in protein and fat to keep your blood sugar stable for longer periods of time. It also offers a bit of dietary fiber.

Why It Works:

Two tablespoons of smooth peanut butter contains 8 grams of protein, 16 grams of fat, and 2 grams of dietary fiber.



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82

Hummus

Description:

Hummus is a creamy dip made from mashed chickpeas (garbanzo beans). It is the ideal match for raw vegetables, and will leave you feeling fuller longer between meals. It also contains fiber, which has been shown to improve glycemic control in individuals with type 2 diabetes.

Why It Works:

One cup of hummus contains 19 grams of protein, 24 grams of fat, and 15 grams of dietary fiber.



83

Chicken

Description:

Chicken is a versatile food that is rich in protein, fat, and choline. It also offers a bit of chromium and vitamin D.

Why It Works:

A 4-ounce serving of pasture-raised, roasted chicken breast provides 35.18 grams of protein, 4.05 grams of fat, 96.73 milligrams of choline, 0.67 micrograms of chromium, and 5.67 International Units of vitamin D.



84

Turkey

Description:

Turkey isn't just for Thanksgiving. This bird is high in protein, fat, and magnesium, making it a healthy part of a diabetic diet.

Why It Works:

A 4-ounce serving of pasture-raised, roasted, light-meat turkey provides 34.17 grams of protein, 2.36 grams of fat, and 36.29 milligrams of magnesium.



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85

Cheese

Description:

Cheese is a good grab-and-go snack for diabetics, as it is a rich source of protein, fat, and chromium.

Why It Works:

One ounce of whole-milk, grass-fed cheddar cheese offers 7.06 grams of protein and 9.23 grams of fat. Chromium content varies.



86

Butter

Description:

Forget those “butter-like spreads”. They’re nothing but processed chemicals masquerading as a health food anyway. As the New York Times famously advised in a 2014 issue, “Eat butter!” It’s loaded with the fat your body needs.

Why It Works:

One tablespoon of butter provides 11 grams of fat.



87

Red Meat

Description:

Red meat is high in protein and fat. It is a good source of vitamin A, which insulin-dependent diabetics have been shown to be deficient in. It also contains chromium.

Why It Works:

One 4-ounce serving of cooked, grass-fed strip steak provides 26.16 grams of protein, 8.10 grams of fat, and 85 International Units of vitamin A.



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88

Buffalo

Description:

Buffalo is a game meat that is high in protein and fat.

Why It Works:

A 3-ounce serving of ground, pan-broiled buffalo meat provides 20 grams of protein and 13 grams of fat.



89

Ostrich

Description:

Ostrich is a game fowl rich in protein and fat. It also contains a high amount of vitamin B12, which patients who take Metformin may be deficient in.

Why It Works:

A 3-ounce serving of tip-trimmed ostrich provides 24.2 grams of protein, 2.2 grams of fat, and 222 percent of your Daily Value of vitamin B12.



90

Venison

Description:

Venison is a game meat (deer) that contains filling protein and fat, as well as vitamin B12.

Why It Works:

100 grams of ground, pan-broiled venison offers 30 grams of protein, 2 grams of fat, and 2.32 micrograms of vitamin B12.



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91

Liver

Description:

Liver is one of the most nutrient-dense foods on the planet. It is rich in protein, fat, vitamin B12, vitamin D, beta-carotene, and chromium, as well as other nourishing minerals.

Why It Works:

One serving of liver and onions provides 25.39 grams of protein, 14.19 grams of fat, 53.07 micrograms of vitamin B12, 13.61 International Units of vitamin D, 60.47 micrograms of beta-carotene, and 8.53 micrograms of chromium.



92

Prosciutto

Description:

Prosciutto is dry-cured ham, sliced thin, and served uncooked. It is a good source of protein and fat.

Why It Works:

A 1-ounce serving of prosciutto offers 7 grams of protein and 5 grams of fat.



93

Sausages

Description:

Pork sausages are a good source of protein and fat. Combine them with eggs for a filling, protein-rich breakfast.

Why It Works:

A 1-ounce serving of pork sausage offers 5 grams of protein and 8 grams of fat. If you prefer turkey sausage, a 1-ounce serving of this alternative offers 7 grams of protein and 3 grams of fat.



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94

Garlic

Description:

If you're a diabetic, make garlic a regular part of your everyday diet. Research has shown that the best-known compound in garlic, allicin, lowers blood sugar levels, improves immunity, and improves insulin resistance. It may also protect against diabetes-induced cardiomyopathy.

Why It Works:

In addition to being a powerful anti-bacterial, anti-viral, and anti-fungal agent, garlic also contains a bevy of trace minerals. Six cloves of garlic contains 32.58 milligrams of calcium, 4.50 milligrams of magnesium, 72.18 milligrams of potassium, and 4.18 milligrams of choline.



95

Turmeric

Description:

Turmeric is a warm, earthy spice commonly used in traditional Indian cooking. It has been shown to be effective in lowering blood sugar in diabetics. Curcumin, the main polyphenol in turmeric, has been shown to provide anti-inflammatory benefits comparable to prescription steroids and ibuprofen, but without the potential toxicity of these drugs.

Why It Works:

Onions are a rich source of quercetin, Turmeric provides a powerful dose of antioxidants, 17 percent of your Daily Value of manganese, and 0.93 grams of fiber. This healing spice has even been associated with a decreased risk in the development of cancer.



96

Onions

Description:

Onions, like garlic, provide strong antibacterial, antifungal, anti-inflammatory, and antiviral properties. They are loaded with micronutrients and minerals to help fight off infection and strengthen your immune system. A study on the effects of onions revealed that regular consumption may be effective for lowering plasma glucose concentrations and body weight.

Why It Works:

Onions are a rich source of quercetin, which a laboratory study claimed was a "potential candidate to prevent diabetic vascular complications in both insulin deficiency and resistance". One cup of chopped, cooked onions provides 10.92 milligrams of vitamin C, 2.10 micrograms of beta-carotene, 23.10 milligrams of magnesium, and 0.32 milligrams of manganese.



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97

Bitter Melon

Description:

Bitter melon is a fruit pod that resembles a wrinkled cucumber, but don't judge a book by its cover just yet. This exotic food has been shown to have a powerful effect on blood sugar levels in both animal and human studies.

Why It Works:

Bitter melon contains compounds called charantin, polypeptide-p, and vicine, which have been shown to lower blood sugar levels (sometimes within half an hour of consumption)!



98

Aloe Vera

Description:

Aloe vera is a succulent plant best known for its ability to naturally take the sting out of sunburn. When consumed, it has also been shown to reduce fasting blood glucose, total cholesterol, and LDL ("bad") cholesterol. While aloe can be prepared and consumed raw, most prefer aloe vera juice or supplements to the sticky texture of the plant itself.

Why It Works:

Aloe vera contains vitamin C, amino acids, enzymes, and a mineral called germanium, which may be therapeutic in the treatment of cardiac disorders and eye problems.



99

Cinnamon

Description:

Cinnamon is a sweet, warm spice most commonly associated with the holiday season. In addition to its pleasant smell and taste, cinnamon has been shown to be very beneficial in the natural treatment of diabetes. Add a stick to your tea or sprinkle some in your coffee for a sweet and healthy treat!

Why It Works:

A laboratory study has shown that consuming just 1 gram of cinnamon per day can lower glucose, triglyceride, LDL cholesterol, and total cholesterol in people with type 2 diabetes. Just two tablespoons (5.30 grams) of ground cinnamon provides 46 percent of your Daily Value of manganese.



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So there you have it, 99 foods that are not only safe for you to consume on a diabetic diet, but foods that may ease your symptoms and stabilize your health!

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Bok Choy

<http://ndb.nal.usda.gov/ndb/foods/show/2931?lookup=11116&max=25&man=&facet=&new=1>

Leeks

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=46>

Okra

<http://ndb.nal.usda.gov/ndb/foods/show/3061?lookup=11278&max=25&man=&facet=&new=1>

Pea Pods

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2516/2>

<http://www.hindawi.com/journals/aps/2011/195271/>



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Radishes

<http://ndb.nal.usda.gov/ndb/foods/show/3182?qlookup=11429&max=25&man=&lfacet=&new=1>
<http://foodfacts.mercola.com/radish.html>

Turnips

<http://www.diethealthclub.com/health-food/turnip-health-benefits.html>
<http://ndb.nal.usda.gov/ndb/foods/show/3274?qlookup=11564&max=25&man=&lfacet=&new=1>

Hearts of Palm

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3027/2>
<http://www.livestrong.com/article/423626-heart-of-palm-nutrition/>

Jicama

<http://ndb.nal.usda.gov/ndb/foods/show/3303?qlookup=11603&max=25&man=&lfacet=&new=1>

Kohlrabi

<http://www.nutrition-and-you.com/kohlrabi.html>
<http://ndb.nal.usda.gov/ndb/foods/show/3026?qlookup=11241&max=25&man=&lfacet=&new=1>
<http://www.nejm.org/doi/full/10.1056/NEJM200005113421903>

Beets

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=88>
<http://www.nejm.org/doi/full/10.1056/NEJM200005113421903>
<http://ajcn.nutrition.org/content/87/2/339>

Cauliflower

<http://ndb.nal.usda.gov/ndb/foods/show/2944?qlookup=11135&max=25&man=&lfacet=&new=1>
<http://www.nejm.org/doi/full/10.1056/NEJM200005113421903>

Celery

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=14>
<http://cid.oxfordjournals.org/content/47/1/144.1.full>

Avocado

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=100>

Carrots

<http://med.stanford.edu/news/all-news/2013/01/beta-carotene-may-protect-people-with-common-genetic-risk-factor-for-type-2-diabetes-researchers-find.html>
<http://www.ncbi.nlm.nih.gov/pubmed/9290094>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=76>

Eggplant

<http://www.whfoods.com/genpage.php?dbid=22&tname=foodspice#nutritionalprofile>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=105>

Almonds

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=20#healthbenefits>
<http://www.ncbi.nlm.nih.gov/pubmed/14693979>
<http://ndb.nal.usda.gov/ndb/foods/show/3667?qlookup=12061&max=25&man=&lfacet=&new=1>



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Pumpkin Seeds

<http://ndb.nal.usda.gov/ndb/foods/show/3724?qlookup=12163&max=25&man=&facet=&new=1>

Walnuts

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=99#healthbenefits>

<http://ndb.nal.usda.gov/ndb/foods/show/3720?qlookup=12155&max=25&man=&facet=&new=1>

Apples

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=15>

<http://ndb.nal.usda.gov/ndb/foods/show/2171?qlookup=09003&max=25&man=&facet=&new=1>

<http://www.dailymail.co.uk/news/article-2406221/Apples-reduce-risk-diabetes-Eating-fruit-twice-week-cut-chance-developing-Type-2-23.html>

Blueberries

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=84>

<http://www.dailymail.co.uk/news/article-2406221/Apples-reduce-risk-diabetes-Eating-fruit-twice-week-cut-chance-developing-Type-2-23.html>

Raspberries

<http://www.dailymail.co.uk/news/article-2406221/Apples-reduce-risk-diabetes-Eating-fruit-twice-week-cut-chance-developing-Type-2-23.html>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=39#healthbenefits>

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=23>

Blackberries

<http://www.dailymail.co.uk/news/article-2406221/Apples-reduce-risk-diabetes-Eating-fruit-twice-week-cut-chance-developing-Type-2-23.html>

<http://www.driscolls.com/nutrition-health/berry-nutrition-facts/blackberry-nutrition>

Strawberries

<http://www.dailymail.co.uk/news/article-2406221/Apples-reduce-risk-diabetes-Eating-fruit-twice-week-cut-chance-developing-Type-2-23.html>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=32>

Beef Jerky

<http://nutritiondata.self.com/facts/snacks/5332/2>

Salmon Jerky

<https://houseofjerky.net/nutrition/salmon.html>

Bacon

<http://nutritiondata.self.com/facts/pork-products/7356/2>

<http://articles.mercola.com/sites/articles/archive/2013/01/03/eating-bacon.aspx>

Shrimp

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=107>

<https://www.fatsecret.com/calories-nutrition/usda/shrimp>

Black Beans

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=2>

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=87>

<http://www.tandfonline.com/doi/abs/10.1080/07315724.1994.10718446#.VKbbNSvF864>



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Kidney Beans

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=49>
<http://www.ncbi.nlm.nih.gov/pubmed/14693979>
<http://ndb.nal.usda.gov/ndb/foods/show/4742?qlookup=16028&max=25&man=&ifacet=&new=1>
<http://www.tandfonline.com/doi/abs/10.1080/07315724.1994.10718446#.VKbbNSvF864>

Navy Beans

<http://ndb.nal.usda.gov/ndb/foods/show/4752?qlookup=16038&max=25&man=&ifacet=&new=1>
<http://www.tandfonline.com/doi/abs/10.1080/07315724.1994.10718446#.VKbbNSvF864>

Fava Beans

<http://healthyeating.sfgate.com/benefits-fava-beans-4574.html>
<http://nutritiondata.self.com/facts/legumes-and-legume-products/4322/2>
<http://www.nutrition-and-you.com/fava-beans.html>
<http://www.tandfonline.com/doi/abs/10.1080/07315724.1994.10718446#.VKbbNSvF864>

Full-fat Mayonnaise

<http://www.ichange.com/nutrition/how-many-calories-in/mayo-full-fat>

Chickpeas (Garbanzo Beans)

<http://nutritiondata.self.com/facts/legumes-and-legume-products/4326/2>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=68>
<http://www.ncbi.nlm.nih.gov/pubmed/23372018>

Lentils

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=43>

Fenugreek

<http://foodfacts.mercola.com/fenugreek.html>
<http://ndb.nal.usda.gov/ndb/foods/show/250?qlookup=02019&max=25&man=&ifacet=&new=1>

Chicory

<http://ndb.nal.usda.gov/ndb/foods/show/4294?qlookup=14223&max=25&man=&ifacet=&new=1>
<http://www.drweil.com/drw/u/QAA401200/Is-Chicory-Good-for-You.html>
<http://care.diabetesjournals.org/content/28/3/566.short>

Cherries

<http://articles.mercola.com/sites/articles/archive/2004/01/17/cherries-health.aspx>
<http://www.webmd.com/arthritis/news/20101110/cherries-may-cut-risk-of-gout-flare-ups>
<http://www.lef.org/Magazine/2013/6/Anti-Inflammatory-Properties-of-Tart-Cherry/Page-01>
<http://ndb.nal.usda.gov/ndb/foods/show/2226?qlookup=09063&max=25&man=&ifacet=&new=1>

Cranberries

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=145>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=172>

Flaxseed

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3112403/>
<http://europepmc.org/abstract/med/3038454>
<http://whfoods.org/genpage.php?tname=nutrientprofile&dbid=57>



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Eggs

<http://www.webmd.com/diabetes/news/20141009/eggs-type-2-diabetes>
<http://umm.edu/health/medical/altmed/supplement/chromium>
<http://www.ncbi.nlm.nih.gov/pubmed/3530844>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=60>

Cod Liver Oil

<http://onlinelibrary.wiley.com/doi/10.1002/cbf.977/abstract>
<http://whfoods.org/genpage.php?tname=dailyp&dbid=95>

Green Tea

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3689013/>
<http://www.medicalnewstoday.com/articles/269538.php>

Tomatoes

<http://care.diabetesjournals.org/content/23/6/733.full.pdf>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=130>

Extra Virgin Olive Oil

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=110>

Peanut Butter

<http://nutritiondata.self.com/facts/legumes-and-legume-products/4453/2>

Hummus

<http://nutritiondata.self.com/facts/legumes-and-legume-products/4407/2>
<http://www.nejm.org/doi/full/10.1056/NEJM200005113421903>

Chicken

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=104>

Turkey

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=131>

Cheese

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=140>

Butter

<http://healthimpactnews.com/2014/time-magazine-we-were-wrong-about-saturated-fats/>
<http://nutritiondata.self.com/facts/dairy-and-egg-products/0/2>

Red Meat

<http://www.ncbi.nlm.nih.gov/pubmed/9290094>
<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=141>

Buffalo

<http://nutritiondata.self.com/facts/lamb-veal-and-game-products/4800/2>

Ostrich

<https://www.eatthismuch.com/food/view/turkey-meat-only,631/>



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Venison

<http://nutritiondata.self.com/facts/lamb-veal-and-game-products/4814/2>

<http://www.dietandfitnesstoday.com/vitamin-b12-in-deer.php>

Liver

<http://www.whfoods.com/genpage.php?tname=recipeprofile&dbid=127>

Prosciutto

<http://nutritiondata.self.com/facts/custom/845721/2>

Sausages

<http://nutritiondata.self.com/facts/sausages-and-luncheon-meats/1376/2>

<http://nutritiondata.self.com/facts/sausages-and-luncheon-meats/7268/2>

Garlic

<http://www.ncbi.nlm.nih.gov/pubmed/16320801>

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=107>

Onions

<http://www.ncbi.nlm.nih.gov/pubmed/19627203>

<http://www.ncbi.nlm.nih.gov/pubmed/23717483>

<http://www.whfoods.com/genpage.php?tname=nutrientprofile&dbid=32>

Bitter Melon

<http://naturalmedicinejournal.com/journal/2012-10/nutrient-profile-bitter-melon-momordica-charantia>

<http://www.nutrition-and-you.com/bitter-gourd.html>

Aloe Vera

<http://www.med.nyu.edu/content?ChunkID=21470#ref42>

<http://www.herbwisdom.com/herb-aloe-vera.html>

Cinnamon

<http://care.diabetesjournals.org/content/26/12/3215.full>

<http://www.whfoods.com/genpage.php?tname=news&dbid=17>

For diabetics, the Mayo Clinic recommends a dose of 0.6 to 4.6 grams of fish oil per day for four weeks to one year. (This is if you choose to take omega-3 fatty acid supplements in addition to consuming foods rich this nutrient.)



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