

**Chapter 1 : What to Eat if You Have Diabetes (revised) : Maureen Keane :**

*This new edition of What to Eat If You Have Diabetes is an invaluable guide to helping patients, their families, and their caregivers develop an individualized program for stabilizing blood sugar and maintaining an all-around healthy lifestyle. The book features revised diabetes management guidelines, new lab tests, and the latest research on gestational diabetes, hypoglycemia, and insulin resistance.*

Uncontrolled diabetes has many serious consequences, including heart disease, kidney disease, blindness and other complications. Prediabetes has also been linked to these conditions 2. Importantly, eating the wrong foods can raise your blood sugar and insulin levels and promote inflammation, which may increase your risk of disease. This article lists 11 foods that people with diabetes or prediabetes should avoid. Carbs, protein and fat are the macronutrients that provide your body with energy. Of these three, carbs have the greatest effect on your blood sugar by far. This is because they are broken down into sugar, or glucose, and absorbed into your bloodstream. Carbs include starches, sugar and fiber. Subtracting fiber from the total carbs in a food will give you its digestible or "net" carb content. For instance, if a cup of mixed vegetables contains 10 grams of carbs and 4 grams of fiber, its net carb count is 6 grams. When people with diabetes consume too many carbs at a time, their blood sugar levels can rise to dangerously high levels. Maintaining a low carb intake can help prevent blood sugar spikes and greatly reduce the risk of diabetes complications. Sugar-Sweetened Beverages Sugary beverages are the worst drink choice for someone with diabetes. To begin with, they are very high in carbs, with a 12 ounce can of soda providing 38 grams 3. The same amount of sweetened iced tea and lemonade each contain 36 grams of carbs, exclusively from sugar 4 , 5. Indeed, studies suggest that consuming sugar-sweetened beverages may increase the risk of diabetes-related conditions like fatty liver 6 , 7 , 8. To help control blood sugar levels and prevent disease risk , consume water, club soda or unsweetened iced tea instead of sugary beverages. Sodas and sweet drinks are high in carbs, which increase blood sugar. Also, their high fructose content has been linked to insulin resistance and an increased risk of obesity, fatty liver and other diseases. Industrial trans fats are extremely unhealthy. They are created by adding hydrogen to unsaturated fatty acids in order to make them more stable. Trans fats are found in margarines, peanut butter, spreads, creamers and frozen dinners. In addition, food manufacturers often add them to crackers, muffins and other baked goods to help extend shelf life. These effects are especially concerning for people with diabetes, as they are at an increased risk of heart disease. Fortunately, trans fats have been outlawed in most countries, and in the FDA called for their removal from products in the US market to be completed within three years Until trans fats are no longer in the food supply, avoid any product that contains the words "partially hydrogenated" in its ingredient list. Trans fats are unsaturated fats that have been chemically altered to increase their stability. They have been linked to inflammation, insulin resistance, increased belly fat and heart disease. White Bread, Pasta and Rice White bread, rice and pasta are high-carb, processed foods. Eating bread, bagels and other refined-flour foods has been shown to significantly increase blood sugar levels in people with type 1 and type 2 diabetes 18 , In one study, gluten-free pastas were also shown to raise blood sugar, with rice-based types having the greatest effect Another study found that a meal containing a high-carb bagel not only raised blood sugar but also decreased brain function in people with type 2 diabetes and mental deficits These processed foods contain little fiber , which helps slow down the absorption of sugar into the bloodstream. In another study, replacing white bread with high-fiber bread was shown to significantly reduce blood sugar levels in people with diabetes. In addition, they experienced reductions in cholesterol and blood pressure White bread, pasta and rice are high in carbs yet low in fiber. This combination can result in high blood sugar levels. Alternatively, choosing high-fiber, whole foods may help reduce blood sugar response. Plain yogurt can be a good option for people with diabetes. However, fruit-flavored varieties are a very different story. Flavored yogurts are typically made from non-fat or low-fat milk and loaded with carbs and sugar. Many people consider frozen yogurt to be a healthy alternative to ice cream. However, it can contain just as much or even more sugar than ice cream 24 , Rather than choosing high-sugar yogurts that can spike your blood sugar and insulin, opt for plain, whole-milk yogurt that contains no sugar and may be beneficial for your appetite, weight

control and gut health 26 , Fruit-flavored yogurts are usually low in fat but high in sugar, which can lead to higher blood sugar and insulin levels. Plain, whole-milk yogurt is a better choice for diabetes control and overall health. Sweetened Breakfast Cereals Eating cereal is one of the worst ways to start your day if you have diabetes. Despite the health claims on their boxes, most cereals are highly processed and contain far more carbs than many people realize. In addition, they provide very little protein , a nutrient that can help you feel full and satisfied while keeping your blood sugar levels stable during the day For instance, just a half-cup serving 55 grams of granola cereal contains 30 grams of digestible carbs, and Grape Nuts contain 41 grams. To keep blood sugar and hunger under control, skip the cereal and choose a protein-based low-carb breakfast instead. Breakfast cereals are high in carbs but low in protein. A high-protein, low-carb breakfast is the best option for diabetes and appetite control. Coffee has been linked to several health benefits , including a reduced risk of diabetes 31 , 32 , However, flavored coffee drinks should be viewed as a liquid dessert, rather than a healthy beverage. Flavored coffee drinks are also loaded with carbs. Even "light" versions contain enough carbs to significantly raise your blood sugar levels. For instance, a ounce ml caramel frappuccino from Starbucks contains 67 grams of carbs, and the same size caramel light frappuccino contains 30 grams of carbs 36 , To keep your blood sugar under control and prevent weight gain, choose plain coffee or espresso with a tablespoon of heavy cream or half and half. Flavored coffee drinks are very high in liquid carbs, which can raise blood sugar levels and fail to satisfy your hunger. Honey, Agave Nectar and Maple Syrup People with diabetes often try to minimize their intake of white table sugar, as well as treats like candy, cookies and pie. However, other forms of sugar can also cause blood sugar spikes. These include brown sugar and "natural" sugars like honey , agave nectar and maple syrup. In fact, most contain even more. Below are the carb counts of a one-tablespoon serving of popular sweeteners: Your best strategy is to avoid all forms of sugar and use natural low-carb sweeteners instead. Honey, agave nectar and maple syrup are not as processed as white table sugar, but they may have similar effects on blood sugar, insulin and inflammatory markers. Dried Fruit Fruit is a great source of several important vitamins and minerals, including vitamin C and potassium. When fruit is dried , the process results in a loss of water that leads to even higher concentrations of these nutrients. Unfortunately, its sugar content becomes more concentrated as well. One cup of grapes contains 27 grams of carbs, including 1 gram of fiber. By contrast, one cup of raisins contains grams of carbs, 5 of which come from fiber 43 , Therefore, raisins contain more than three times as many carbs as grapes do. Other types of dried fruit are similarly higher in carbs when compared to fresh fruit. Sticking with low-sugar fruits like fresh berries or a small apple can provide health benefits while keeping your blood sugar in the target range. Dried fruits become more concentrated in sugar and may contain more than three times as many carbs as fresh fruits do. Avoid dried fruit and choose fruits low in sugar for optimal blood sugar control. Here are the carb counts for a one-ounce gram serving of some popular snacks: One study found that snack foods provide 7. Packaged snacks are typically highly processed foods made from refined flour that can quickly raise your blood sugar levels. Fruit Juice Although fruit juice is often considered a healthy beverage, its effects on blood sugar are actually similar to those of sodas and other sugary drinks. In some cases, fruit juice is even higher in sugar and carbs than soda. For example, 8 ounces ml of unsweetened apple juice and soda contain 24 grams of sugar each. An equivalent serving of grape juice provides 32 grams of sugar 49 , 50 , Like sugar-sweetened beverages, fruit juice is loaded with fructose, the type of sugar that drives insulin resistance, obesity and heart disease A much better alternative is to enjoy water with a wedge of lemon, which provides less than 1 gram of carbs and is virtually calorie-free Unsweetened fruit juice contains at least as much sugar as sodas do. Its high fructose content can worsen insulin resistance, promote weight gain and increase the risk of heart disease. French Fries French fries are a food to steer clear of, especially if you have diabetes. Potatoes themselves are relatively high in carbs. One medium potato with the skin on contains 37 grams of carbs, 4 of which come from fiber Deep-frying foods has been shown to produce high amounts of toxic compounds like AGEs and aldehydes, which may promote inflammation and increase the risk of disease 55 , Indeed, several studies have linked frequently consuming french fries and other fried foods to heart disease and cancer 57 , 58 , 59 , In addition to being high in carbs that raise blood sugar levels, french fries are fried in unhealthy oils that may promote inflammation and increase the risk of heart disease and cancer. The Bottom Line Knowing which

foods to avoid when you have diabetes can sometimes seem tough. However, following a few guidelines can make it easier. Your main goals should include staying away from unhealthy fats, liquid sugars, processed grains and other foods that contain refined carbs. Avoiding foods that increase your blood sugar levels and drive insulin resistance can help keep you healthy now and reduce your risk of future diabetes complications. To learn about the best foods to eat if you have diabetes, check out this article.

## Chapter 2 : What Can I Eat If I Have Diabetes

*Fully updated based on the latest research This new edition of What to Eat If You Have Diabetes is an invaluable guide to helping patients, their families, and their caregivers develop an individualized program for stabilizing blood sugar and maintaining an all-around healthy lifestyle.*

If you have diabetes, you can still enjoy a small serving of your favorite dessert now and then. The key is moderation. Reduce your cravings for sweets by slowly reduce the sugar in your diet a little at a time to give your taste buds time to adjust. Hold the bread or rice or pasta if you want dessert. Eating sweets at a meal adds extra carbohydrates so cut back on the other carb-heavy foods at the same meal. Add some healthy fat to your dessert. Think healthy fats, such as peanut butter, ricotta cheese, yogurt, or nuts. Eat sweets with a meal, rather than as a stand-alone snack. When eaten on their own, sweets cause your blood sugar to spike. When you eat dessert, truly savor each bite. How many times have you mindlessly eaten your way through a bag of cookies or a huge piece of cake? Can you really say that you enjoyed each bite? Make your indulgence count by eating slowly and paying attention to the flavors and textures. Tricks for cutting down on sugar Reduce soft drinks, soda and juice. For each 12 oz. Try sparkling water with a twist of lemon or lime instead. Cut down on creamers and sweeteners you add to tea and coffee. Buy unsweetened iced tea, plain yogurt, or unflavored oatmeal, for example, and add sweetener or fruit yourself. Check labels and opt for low sugar products and use fresh or frozen ingredients instead of canned goods. Be especially aware of the sugar content of cereals and sugary drinks. Avoid processed or packaged foods like canned soups, frozen dinners, or low-fat meals that often contain hidden sugar. Prepare more meals at home. You can boost sweetness with mint, cinnamon, nutmeg, or vanilla extract instead of sugar. Find healthy ways to satisfy your sweet tooth. Instead of ice cream, blend up frozen bananas for a creamy, frozen treat. Or enjoy a small chunk of dark chocolate, rather than a milk chocolate bar. Start with half of the dessert you normally eat, and replace the other half with fruit. And cocktails mixed with soda and juice can be loaded with sugar. Choose calorie-free mixers, drink only with food, and monitor your blood glucose as alcohol can interfere with diabetes medication and insulin. Spot hidden sugar Being smart about sweets is only part of the battle. Sugar is also hidden in many packaged foods, fast food meals, and grocery store staples such as bread, cereals, canned goods, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, and ketchup. The first step is to spot hidden sugar on food labels, which can take some sleuthing: Do some detective work Manufacturers are required to provide the total amount of sugar in a serving but do not have to spell out how much of this sugar has been added and how much is naturally in the food. The trick is deciphering which ingredients are added sugars. Aside from the obvious ones—sugar, honey, molasses—added sugar can appear as agave nectar, cane crystals, corn sweetener, crystalline fructose, dextrose, evaporated cane juice, fructose, high-fructose corn syrup, invert sugar, lactose, maltose, malt syrup, and more. A wise approach is to avoid products that have any of these added sugars at or near the top of the list of ingredients—or ones that have several different types of sugar scattered throughout the list. The trick is that each sweetener is listed separately. The contribution of each added sugar may be small enough that it shows up fourth, fifth, or even further down the list. But add them up and you can get a surprising dose of added sugar. The most damaging fats are artificial trans fats, which make vegetable oils less likely to spoil. The healthiest fats are unsaturated fats, which come from fish and plant sources such as olive oil, nuts, and avocados. Omega-3 fatty acids fight inflammation and support brain and heart health. Good sources include salmon, tuna, and flaxseeds. Good, Bad, and the Power of Omega-3s Saturated fats. Ways to reduce unhealthy fats and add healthy fats: Instead of chips or crackers, snack on nuts or seeds or add them to your morning cereal. Nut butters are also very satisfying. Instead of frying, choose to broil, bake, or stir-fry. Avoid saturated fat from processed meats, packaged meals, and takeout food. Instead of just red meat, vary your diet with skinless chicken, eggs, fish, and vegetarian sources of protein. Use extra-virgin olive oil to dress salads, cooked vegetables, or pasta dishes. Commercial salad dressings are often high in calories and trans fat so create your own with olive oil, flaxseed oil, or sesame oil. Add avocados to sandwiches and salads or make guacamole. Along with being loaded with healthy fats, they make for a filling

and satisfying meal. Enjoy dairy in moderation. Two of the most helpful strategies involve following a regular eating schedule and recording what you eat. Eat at regularly set times Your body is better able to regulate blood sugar levels and your weight when you maintain a regular meal schedule. Aim for moderate and consistent portion sizes for each meal. Start your day off with a good breakfast. It will provide energy as well as steady blood sugar levels. Eat regular small meals up to 6 per day. Eating regularly will help you keep your portions in check. Keep calorie intake the same. To regulate blood sugar levels, try to eat roughly the same amount every day, rather than overeating one day or at one meal, and then skipping the next. Get more active Exercise can help you manage your weight and may improve your insulin sensitivity. You can also try swimming, biking, or any other moderate-intensity activity that has you working up a light sweat and breathing harder. Dieting Tips that Work Learn how to lose weight and keep it off.

**Chapter 3 : McGraw-Hill Education**

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In one study, people with diabetes who included 30 grams of walnuts in their daily diet for one year lost weight, had improvements in body composition and experienced a significant reduction in insulin levels. This finding is important because people with type 2 diabetes often have elevated levels of insulin, which are linked to obesity. Nuts are a healthy addition to a diabetic diet. Broccoli Broccoli is one of the most nutritious vegetables around. A half cup of cooked broccoli contains only 27 calories and 3 grams of digestible carbs, along with important nutrients like vitamin C and magnesium. Studies in diabetics have found that broccoli may help lower insulin levels and protect cells from harmful free radicals produced during metabolism 69 , These important antioxidants help prevent eye diseases. Broccoli is a low-calorie, low-carb food with high nutrient value. It is loaded with healthy plant compounds that can protect against various diseases. Extra-virgin olive oil is extremely beneficial for heart health. It contains oleic acid, a type of monounsaturated fat that has been shown to improve triglycerides and HDL, which are often at unhealthy levels in type 2 diabetes. It may also increase the fullness hormone GLP-1 72 , In a large analysis of 32 studies looking at different types of fat , olive oil was the only one shown to reduce heart disease risk. Olive oil also contains antioxidants called polyphenols. They reduce inflammation, protect the cells lining your blood vessels, keep your LDL cholesterol from becoming damaged by oxidation and decrease blood pressure 75 , 76 , Extra-virgin olive oil is unrefined and retains the antioxidants and other properties that make it so healthy. Be sure to choose extra-virgin olive oil from a reputable source, since many olive oils are mixed with cheaper oils like corn and soy. Extra-virgin olive oil contains healthy oleic acid. It has benefits for blood pressure and heart health. Flaxseeds Flaxseeds are an incredibly healthy food. A portion of their insoluble fiber is made up of lignans, which can decrease heart disease risk and improve blood sugar control 79 , In one study, people with type 2 diabetes who took flaxseed lignans for 12 weeks had a significant improvement in hemoglobin A1c. Another study suggested that flaxseeds may lower the risk of strokes and potentially reduce the dosage of medication needed to prevent blood clots. Flaxseeds are very high in viscous fiber, which improves gut health , insulin sensitivity and feelings of fullness 82 , 83 , Flaxseeds may reduce inflammation, lower heart disease risk, decrease blood sugar levels and improve insulin sensitivity. Apple cider vinegar has many health benefits. Apple cider vinegar has been shown to improve insulin sensitivity and lower fasting blood sugar levels. Apple cider vinegar may also slow stomach emptying and keep you feeling full. However, this can be a problem for people who have gastroparesis, a condition of delayed stomach emptying that is common in diabetes, particularly type 1. To incorporate apple cider vinegar into your diet, begin with 1 teaspoon mixed in a glass of water each day. Increase to a maximum of 2 tablespoons per day. Apple cider vinegar can improve insulin sensitivity and lower blood sugar levels. It may also help you feel full for longer. Strawberries are one of the most nutritious fruits you can eat. Anthocyanins have been shown to reduce cholesterol and insulin levels after a meal. They also improve blood sugar and heart disease risk factors in type 2 diabetes 90 , 91 , A one-cup serving of strawberries contains 49 calories and 11 grams of carbs, three of which are fiber. Strawberries are low-sugar fruits that have strong anti-inflammatory properties and may help reduce heart disease risk. Garlic Garlic is a delicious herb with impressive health benefits. Several studies have shown it can reduce inflammation, blood sugar and LDL cholesterol in people with type 2 diabetes 93 , 94 , It may also be very effective at reducing blood pressure 96 , In one study, people with uncontrolled high blood pressure who took aged garlic for 12 weeks averaged a point decrease in blood pressure. One clove of raw garlic contains only 4 calories and 1 gram of carbs. Garlic helps lower blood sugar, inflammation, LDL cholesterol and blood pressure in people with diabetes. Squash is one of the healthiest vegetables around. Winter varieties have a hard shell and include acorn, pumpkin and butternut. Summer squash has a soft peel that can be eaten. The most common types are zucchini and Italian squash. Like most vegetables, squash contains beneficial antioxidants. Many types of winter squash are high in lutein and zeaxanthin, which protect against cataracts.

and macular degeneration. Animal studies using squash extract have also reported reductions in obesity and insulin levels 98 , However, winter squash is higher in carbs than summer squash. For example, 1 cup of cooked pumpkin contains 9 grams of digestible carbs, while 1 cup of cooked zucchini contains only 3 grams of digestible carbs. Summer and winter squash contain beneficial antioxidants and may help lower blood sugar and insulin levels. Shirataki noodles are wonderful for diabetes and weight control. These noodles are high in the fiber glucomannan , which is extracted from konjac root. This plant is grown in Japan and processed into the shape of noodles or rice known as shirataki. Glucomannan is a type of viscous fiber, which makes you feel full and satisfied. It also lowers levels of the "hunger hormone" ghrelin However, these noodles are typically packaged with a liquid that has a fishy odor and you need to rinse them very well before use. Then, to ensure a noodle-like texture, cook the noodles for several minutes in a skillet over high heat without added fat. The glucomannan in shirataki noodles promotes feelings of fullness and can improve blood sugar control and cholesterol levels. Take Home Message Uncontrolled diabetes increases your risk of several serious diseases. However, eating foods that help keep blood sugar, insulin and inflammation under control can dramatically reduce your risk of developing complications.

### Chapter 4 : What to Eat if You Have Diabetes (revised)

*Related Book Ebook Pdf What To Eat If You Have Diabetes Revised Healing Foods That Help Control Your Blood Sugar: Recipes For Auto Immune Diseases And Gluten Free On The Go Recipes 2 Book Combo.*

### Chapter 5 : The Diabetes Diet: Healthy Eating Tips to Prevent, Control, and Reverse Diabetes

*Synopsis. Fully updated based on the latest research This new edition of What to Eat If You Have Diabetes is an invaluable guide to helping patients, their families, and their caregivers develop an individualized program for stabilizing blood sugar and maintaining an all-around healthy lifestyle.*

### Chapter 6 : 7 Foods To Always Avoid If You Have Diabetes

*Are you constantly asking yourself, "What can I eat?" It's time to stop worrying! Living with diabetes doesn't have to mean feeling deprived. We'll help you learn to balance your meals and make the healthiest food choices. Once you get the hang of eating a healthy diet, you can relax and dig in to a.*