

## **SUPER FOODS FOR DIABETICS**

Citrus fruits are a rich source of vitamin C, which aids in keeping your heart in good condition. Stick to whole fruits instead of juice as they slow sugar absorption.

Karela lowers the blood-sugar level as it contains a high dosage of `plant insulin`

Garlic is a rich source of potassium and also contains zinc and sulphur, which are components of insulin. Take about three to four flakes of crushed garlic daily.

Components in cinnamon promote glucose metabolism and reduce cholesterol. It has been found that in people with diabetes; just 1/2 teaspoon a day can significantly lower blood sugar levels.

Research has shown that Maitake mushrooms lower blood sugar as it acts as an alpha glucosidase inhibitor and may be beneficial for management of diabetes.

Green leafy veggies are nutrient-rich, low in carbohydrates and calories. Studies show that they lower the risk of type-2 diabetes.

Bamboo shoots offer high energy sans any fat or cholesterol and are a terrific source of dietary fibre. They also contain magnesium.

Berries are full of antioxidants, vitamins and fibre. Anthocyanins, found in berries, have been shown to impede cancer cell growth, reduce risk of heart disease and diabetes.

Chicken breasts are low in saturated fat and calories. A 3-ounce serving of skinless chicken breast has 142 calories and 3 grams fat.

Fatty fishes such as Salmon, albacore tuna, mackerel, halibut and herring are high in omega-3 fatty acids. These help unclog arteries and improve levels of both triglycerides and HDL in diabetics.

Beans are good source of fibre and are rich in nutrients. They slow digestion and maintain blood sugar level after a meal.

Nuts are packed with `good` fats that not only help fight heart disease, but also help reduce insulin resistance. Nuts are also rich in fibre, magnesium and vitamin E.

Low-fat milk and yogurt not only provide protein but also give calcium, which aids in weight loss. People who take them regularly are less likely to become insulin resistant.

Whole-grain foods are rich in fibre and nutrients such as magnesium, chromium, folate and omega-3 fatty acids. Studies show that a diet rich in whole grains may help lower the risk of developing Type 2 diabetes and heart disease.

Olive oil is loaded with antioxidants and monounsaturated fats, like oleic acid. These fats reduce the risk of heart disease and help keep blood sugar steady by reducing insulin resistance.