

100 SUPERFOODS

for Diabetics

**THAT STEADY
BLOOD SUGAR**



From the Doctor Who Created the Most
Downloaded Diabetes Diet App in Play Store



Dr Sharon Baisil MD

100 Superfoods for Diabetics That Steady Blood Sugar

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100 Superfoods for Diabetes

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Glycemic Index and Diabetes

Understanding the Glycemic Index of food items play a key role in identifying the best foods for Diabetes.

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The Glycemic Index ranks carbohydrates on a scale according to how they raise your blood sugar. Foods are given a number between zero and 100 based upon how quickly blood sugar rises after eating that particular food.

Food that are high on the Glycemic Index can cause spikes in blood sugar which come and go quickly. If you have diabetes then you should be wary of eating these types of foods. Eating a lot of foods that are high on the index can also make it difficult to maintain a healthy weight.

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A balanced diet is important to health and so you do not have to choose foods with a low GI rating exclusively. However, knowing where foods rank on the index can help you make good choices when it comes to your diet.

What Is Glycemic Index (GI)?



The GI score of a food will tell you how quickly that particular food will raise your blood sugar.

The more sugar there is in a food, the higher it will score on the index. Pure sugar, for example, has a score of 100.

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Carbohydrates used to be classified as either simple or complex. Sugar is a simple carbohydrate, and foods such as beans and grains are described as complex. It was once thought that blood sugar spikes occurred less often when complex carbohydrates were consumed. However, more recent research has shown that things are not quite as straightforward as that.

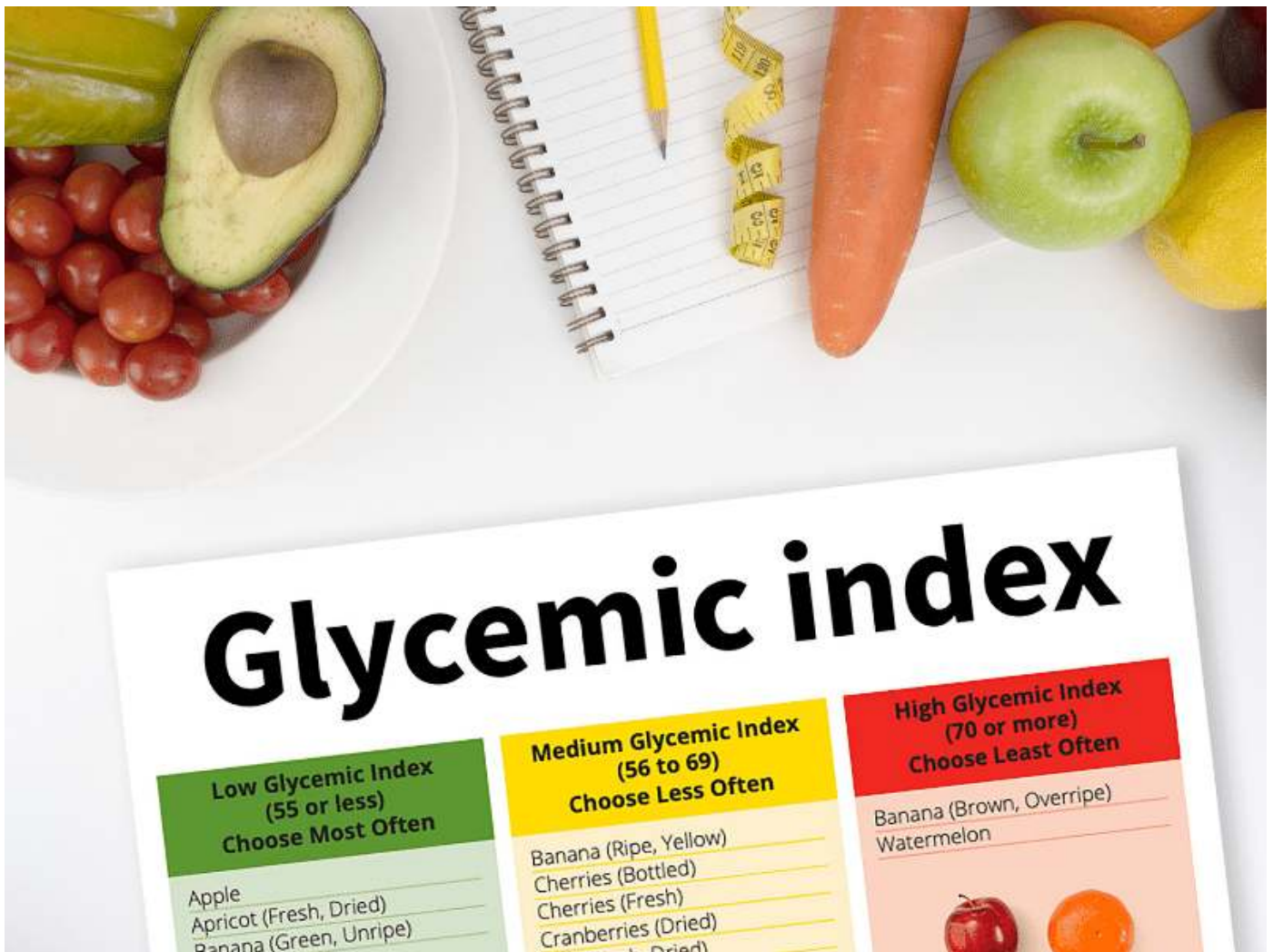
The Glycemic Index is a more accurate way of determining how particular foods will raise your blood sugar.

Volunteers without diabetes took part in a trial which determined how effective GI was at ranking how different foods affect blood glucose levels. Each day these volunteers were given different foods that contained the same amount of carbohydrates. After they had eaten, their blood sugar levels would be taken at regular intervals.

The GI Index is used to rank how quickly foods can raise blood glucose levels after eating. The higher the food is on the index, the higher the spike in your blood sugar will be.

These blood sugar spikes occur quickly, but they also fall down to normal levels just as quickly. When blood sugar levels fall you will start to feel hungry again and so eating a lot of high GI foods can lead to overeating. Foods that have a low score on the Glycemic Index are more likely to keep you feeling fuller for longer.

Glycemic Index (GI) Scores Classification



Food is generally categorized on the Glycemic Index as follows.

- Low GI foods have a score of 55 and below
- Medium GI foods have a score of 56 to 69
- High GI foods have a score of 70 and above

Aiming for an average GI score of 45 throughout the day can help you maintain a healthy diet, according to the Glycemic Index Foundation. This helps to ensure a balanced diet because eating high GI foods will then be followed by choosing foods with a lower GI.

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The GI score of a food will always be an estimate, and there are several factors that can influence the score of specific foods.

- How a food is cooked can affect the GI score. The longer pasta is cooked, the higher on the GI scale it becomes.
- The GI score will be higher if the food is processed. This is why fruit juices have a higher GI than the whole fruit.
- Fruits such as bananas will become higher in GI as they ripen.
- Adding food groups such as fiber to a meal can reduce the overall GI.

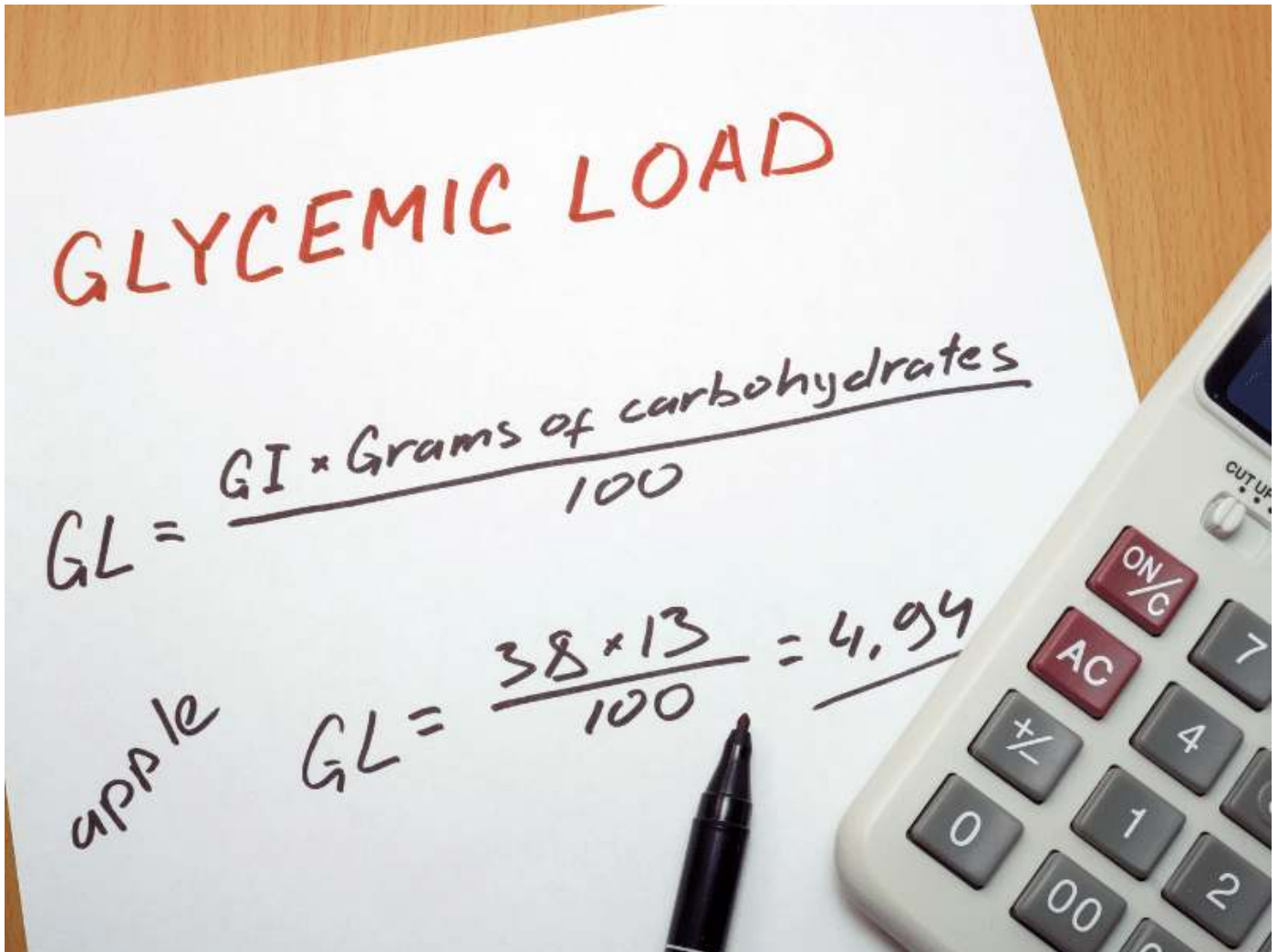
If you are looking for ways to include low GI foods into your diet, then the following suggestions may help.



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- Basmati rice has a lower GI than other varieties. You may also want to try bulgur wheat or quinoa as an alternative to rice.
- Dhal and wholemeal roti make good additions to a variety of meals.
- If you are having potatoes, then new potatoes and sweet potatoes are the best choices.
- Granary or rye bread is a better alternative than white or whole meal.
- Pasta or noodles can be an alternative side to your meal than frozen chips.
- Good choices for breakfast include whole grain cereals, porridge or natural muesli.

What is the Difference Between Glycemic Index and Glycemic Load?



There are some similarities between the Glycemic Index and the Glycemic Load, but there are also several differences that are quite stark. The Glycemic Load of a food will give you a different number than the Glycemic Index because the load takes into account every component of the food.

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Some foods can be high on the Glycemic Index but they have a low Glycemic Load. It is believed that foods with a lower load help to control conditions such as diabetes more effectively because they are better at managing the levels of blood sugar. This is a conclusion that has been drawn by researchers at Harvard Medical School.

Glycemic Load takes a look at the effect food with carbohydrates has on the whole of your body, not just the blood sugar. It also gives you a better idea of the amount of glucose that is provided in the food that you are eating. Glycemic Load is the figure that you should be looking at if you want to get an overview of your diet as a whole.

100 Best Foods for Diabetes with their Glycemic Index (GI) values

Broccoli



GI value - 15

It's a rich source of vitamin K and vitamin C. It also has a high fiber content which can help reduce diabetes.

Flax seeds



GI value – 32

These seeds are rich in fiber and have a shallow glycemic index. They also have a high content of omega-three fatty acids, which is very advantageous for heart health.

Chia seeds



GI value – 1

It contains massive nutrients with meager calories. Beneficial for people with diabetes as it sustains hunger.

Spinach



GI value – 15

These lush green leaves are an ideal source of vitamin A and have low calories. It also has rich calcium and potassium content.

Carrot



GI value – 16

Carrots are must-take ingredients for vitamin A and fiber. Promotes radiance in the skin and solves eyesight problems if taken consistently.

Eggs



GI value – below 15

An ideal source of protein. It helps you balance out the energy cravings. The vitamin B2 present in it has excellent goodness.

Avocados



GI value - 15

It has the highest dietary fiber content and is very good for people with diabetes as it has a low sugar level. It is also rich in vitamin C.

Walnuts



GI value - 15

These nuts are low in carbohydrates and rich in protein. Walnuts also help to improve insulin resistance.

Almonds



GI value – zero

Almonds are an excellent source of iron, zinc, vitamin B, and E. It also has high protein content and helps prevent diabetes.

Cashew



GI value - 22

Cashews promote heart health and energy production. It has high fiber content with low sugar and fat.

Hazelnuts



GI value – below 15

They are rich in antioxidants that lower blood fat and stabilize blood sugar levels. It has high fiber content that boosts your immunity.

Pumpkin



GI value – 75 (Careful)

Pumpkin has a high GI value at 75, but a low Glycemic Load at 3. This means that as long as you stick to eating a single portion of pumpkin, it shouldn't significantly affect your blood sugar levels.

It is the highest source of Vitamin A that regulates blood purification in the body. Despite its high Glycemic Index value, it has a low Glycemic load and can be taken in moderation.

Bitter gourd



GI value - 26

It is an excellent food for diabetes. Rich in vitamin A, C, and B6. Aids in detox and stabilize body nutrients.

Pumpkin seeds



GI value - 75

They have the highest form of antioxidants and fiber. The presence of omega-three and omega-six fatty acids makes it ideal for daily consumption.

Bottle gourd

GI value - 15



Bottle gourds are Good for diabetes, weight reduction, and lifestyle illness. It has high vitamin C and Iron which is ideal for heart health.

Extra virgin olive oil



GI value – below 15

Olive oil is essential for a healthy and fat-free lifestyle. The antioxidants in them boost your heart, body, and mind.

Lentils



GI value - 32

Lentils are an ideal source of protein. It has excellent health benefits like lowers cholesterol, blood glucose and reduces cancer.

Greek yogurt



GI value - 28

Suitable for gut and bowel movements. It has a variety of nutrients that help in weight loss and supports digestion.

Strawberries



GI value - 41

An excellent storehouse of manganese and vitamin C. Vitamin B9 and potassium help boost your skin health.

Blackberries



GI value - 25

Rich in vitamin C, minerals, antioxidants, and fiber. It helps in boosting good hormones and lowers stress levels.

Oranges



GI value - 52

A high source of vitamin C and b6, oranges are ideal for daily consumption. People with diabetes can consume it as it has a lower sugar quantity.

Apple



GI value - 36

It includes high antioxidants and dietary fiber. It aids in lowering blood sugar, blood pressure, and cholesterol.

Kidney bean



GI value - 24

Rich in fiber, these beans are a great source of essential nutrients and proteins. It promotes weight loss, colon health and stabilizes blood sugar levels.

Barley



GI value - 28

Gluten-free, high in fiber and potassium, barley helps sustain hunger in diabetic patients. It prevents gallstones too.

Dark Chocolate



GI value – 23

It improves heart health and gives radiant skin. Besides, dark chocolates are good antioxidants, magnesium, and low in sugar.

Plain Skimmed Milk



GI value - 37

Skimmed milk has reduced fat content and is suitable for health. It gives your body that much-needed protein intake.

Salmon



GI value – zero

Salmons help in cell rejuvenation and blood purification. It has omega-three fatty acids that help in boosting immunity and heart health.

Sardines



GI value – zero

It has omega-three fatty acids, vitamin B12, Minerals, and proteins ideal for heart health and insulin production.

Apple Cider Vinegar



GI value - 40

Apple cider vinegar acts as a natural laxative and reduces belly fat. This vinegar lowers blood sugar, cholesterol and prevents heart illness.

Garlic



GI value – below 20

Loaded vitamin B, C, and manganese, garlic bestows plenty of health benefits like digestion, strong bones, sharp memory, lower blood pressure, and control over blood sugar.

Turmeric



GI value – below 30

It acts as an immunity booster and helps regulates blood pressure and stress level.

Fenugreek



GI value – below 30

Known for lowering blood sugar levels, it also boosts hormone production. Fenugreek has high iron and fiber content.

Tomatoes



GI value - 15

Tomatoes protect against cancer and maintain blood glucose levels. Also, they are a good source of vitamin C and A.

Sweet Potato



GI value - 54

It has vitamin A that helps strengthen your vision and immune system. The fiber content boosts your digestion process.

Asparagus



GI value - 15

This leafy vegetable has a great nutrient source. It has high iron content that purifies the blood and maintaining glucose levels.

Ginger



GI value - 15

Ginger is an excellent ingredient for immunity boost and gut movements. They are also used to treat sore throats.

Cinnamon



GI value - 5

This spice has significant medical properties. It is filled with antioxidants, anti-inflammatory properties, iron, fiber, etc.

Quinoa



GI value - 53

It can be used as a high caloric breakfast. It has rich protein and fiber content to withstand hunger by granting energy.

Brown Rice



GI value - 50

This staple diet is ideal for diabetic patients and people who try to lose weight. It has high fiber content and few calories.

Peanut Butter



GI value - 14

Rich in both calories and fat, peanut butter can be an ideal breakfast option. They are free of sugar, oils, trans-fat, etc.

Onions



GI value - 10

Loaded with antioxidants, it is a must-add to your diet. Boosts immunity, digestive health and regulates blood pressure.

Oats



GI value - 55

Ideal for weight maintenance and improves digestion process. The high fiber content helps to hold appetite.

Wholegrains



GI value - 74

They are packed with zinc, fiber, copper, and magnesium. It helps reduce heart disease and keeps your body healthy.

Chickpea



GI value - 28

It is a wholesome food that contains significant nutrients. Promotes digestive health and helps in weight control.

Cauliflower



GI value - 10

It is a good source of antioxidants, vitamin C and B6. Helps in quick digestion and lowers blood sugar level.

Shirataki Noodles



GI value - 0

These noodles have no calories and are keto-friendly. They also help in weight loss and diet maintenance.

Soy Milk



GI value - 34

It strengthens muscles and organs. The omega-three fatty acids help in reducing Alzheimer's disease.

Grapefruit



GI value - 25

It has minimal calories and high nutrients. It helps control appetite and prevent insulin resistance.

Guava



GI value - 12

This tropical fruit is an excellent source of vitamin C and dietary fibers. Lowers sugar levels and boost heart health.

Peach



GI value - 15

It is a good source of vitamin C and A. It gives glowing skin and has high hydrating properties.

Ezekiel bread



GI value – 36

Loaded with proteins, essential amino acids, fibers, and potassium, this bread is highly recommended for people with diabetes.

Apricot



GI value – 34

Apricots are rich in vitamin A and C. Dried apricots are considered a healthy snacking option for diabetes.

Fresh sour cherries



GI value – 22

You can eat fresh sour cherries as they are high in nutrients and low in carbs but avoid sweet or canned cherries.

Mushrooms



GI value – 10

Mushrooms don't cause a spike in blood sugar levels and are hence favorable for diabetes.

Tofu



GI value – 15

Being high in protein and low in carbs, tofu is an excellent food choice in case of diabetes.

Beetroots



GI value – 64 (careful)

Though beetroots have a moderately high GI, they are still recommended for diabetes due to low glycemic load and high amounts of antioxidants. When portion size is kept right, beetroot proves to be beneficial to diabetics and helps in lowering high blood pressure. So make sure that you take them only in moderation.

Lemons



GI value – 20

When lemons or lemons juice is consumed without adding any sugar, it keeps blood sugar under control.

Hemp seeds



GI value - 12

These seeds are low in carbs and high in proteins. They help improve blood glucose control.

Brinjal



GI value – 10

Easily affordable as well as easy to cook, this vegetable can be consumed by diabetics without any concern.

Kale



GI value – 32

With a low glycemic index, kale is a powerhouse of nutrition.

Capsicum



GI value – 15

Again, a very good vegetable for people with diabetes. It boosts metabolism and provides vitamin C as well.

Tuna fish



GI value – zero

Fatty fishes like tuna fish are among highly recommended foods for diabetes.

Buckwheat



GI value – 55

Being a whole grain, buckwheat is good for diabetes. It has a very low glycaemic load (10) and is full of fibres.

Unripe bananas



GI value – 30

Unripe bananas can be eaten during diabetes guilt-free. GI value of ripened bananas jumps up to 51.

Millets



GI value – 52- 64

Millets are good for diabetes except for jowar millet. Foxtail, little, and pearl millets are the most suggested ones.

Sesame seeds



GI value – 34

Sesame seeds are a great food to add to your list as they have the potential to regulate blood glucose.

Green peas



GI value – 51

Packed with powerful antioxidants and a plethora of nutrients, peas must be a part of your diabetic diet.

Brazil nuts



GI value – 10

These nuts nourish your body with proteins, fibers, fats, and selenium.

Pistachio



GI value – 18

Pistachios are a part of the diabetes superfoods list due to their low glycemic index and high nutritional properties.

Pecans



GI value – 10

Pecans don't cause a spike in blood glucose levels and can be consumed by diabetics.

Macadamia



GI value – 10

These nuts are an abundant source of dietary fibers and have many health benefits.

Butternut squash



GI value – 15

Butternut squash gets bonus points for being rich in anti-oxidants, Vitamin A and Vitamin C. It is a good source of dietary fiber – contains approximately 3gm fiber per 1 cup serving

Raspberry



GI value – 32

Low in carbs, high in dietary fibers, and full of antioxidants. These traits make a raspberry healthy food choice.

Kiwifruit



GI value – 50

Kiwifruit fruit help regulate blood sugar due to low GI and low glycemic load.

Black olives



GI value – 15

From fats and fibers to protein and hydration, black olives provide umpteen nutrition to your body.

Plum



GI value – 40

Fresh plums and prunes have very low GI value and, therefore, can be joyfully consumed by diabetics.

Sunflower seeds



GI value – 2

Sunflower seeds contain almost no sugar and are among the best things people with diabetes can ever eat.

Curry leaves



GI – 48

Curry leaves are known to exercise good control over hyperglycemia. Add them to your dishes to avail yourself of the health benefits.

Moringa leaf



GI value – 0

These leaves are known to have natural compounds which lower down blood glucose levels. You can chew the leaf directly to manage diabetes.

Pears



GI value – 30

Pears are a low GI fruit that makes a great addition to your diabetic diet plan.

Passion fruit



GI value – 46

This is a low GI fruit and makes a good food option for diabetics when eaten without adding any sugar.

Soya beans



GI value – 15

Soya beans contain some bioactive compounds that lower blood glucose and prevent heart-related diseases.

Durian



GI value – 49

Durian is an exotic, seasonal fruit, native to South East Asia. It is a powerhouse of nutrients and contains vitamins C and B6, folic acid, thiamin, riboflavin, niacin, potassium, iron, magnesium, manganese. Filled with antioxidants, durians can give you anti-aging health benefits and are beneficial for controlling diabetes.

Butter beans/Lima beans



GI value – 28

Butter beans are a diabetic superfood and assist in controlling blood sugar.

Muesli



GI value – 45

Unsweetened muesli is an excellent cereal that is high in fibers and low in sugars.

Lotus seeds (*makhana*)



GI value – 52

The high magnesium count in lotus seeds makes them highly preferable for type 2 diabetes.

Yogurt



GI value – 21

Yogurt can make a nutrition-enriched diet. It is high in protein with relatively fewer amount of carbohydrates.

Bengal gram



GI value – 11

With low GI and low glycemic load, *chana dal* is one of the best things to eat during diabetes.

Black beans



GI value – 30

Consume black beans as a part of your meals, and it will help keep your blood sugar stable.

Rye



GI value – 29

Consumption of rye is associated with decreased blood glucose levels. Hence, you should try including it in your diet.

Brown beans



GI value – 38

Brown beans are another superfood for diabetics to make diabetes management easier.

Green gram



GI value – 38

Green gram contains complex carbohydrates which are diabetes-friendly carbohydrates. Thus, it can be eaten for better blood sugar control.

Hummus



GI value – 6

Hummus is a prime source of vitamins, minerals, and fibers. They come with properties that are beneficial to diabetics.

Bajra



GI value – 49

The qualities like a high fraction of dietary fiber and slowly-digesting starch together with a significant amount of magnesium make bajra a fair fit for diabetes.

Chicken



GI value – 0

Chicken is also considered healthy for diabetics. The high protein content contributes to good health.

Peanuts



GI value – 7

Peanuts are among the healthiest foods on this planet. They have the potential to enhance insulin activity.

Marrowfat peas



GI value – 47

These peas are superfoods from a diabetes perspective as they possess the power to prevent post-meal blood sugar spikes.

Pinto beans



GI value – 45

High in fibers, pinto beans help to manage blood sugar levels.

Mandarin



GI value – 47

Mandarin is largely suitable for people with type 2 diabetes. They provide adequate amounts of vitamin C and folates.

Raw mango



GI value - 41

Raw mangoes are a fantastic choice to control constipation, aid digestion, and manage diabetes naturally.