

# What superstar foods are good for diabetes?

However, our list of “superstar” foods for diabetes are essential for a healthy diabetes meal plan. These foods are rich in protein, healthy fats, vitamins, minerals, antioxidants, and fiber. They are good for overall health and may also help prevent diseases like diabetes.

## Superstar Non-Starchy Vegetables

According to the Diabetes Plate, non-starchy vegetables should make up half of your meal.

Recipe Inspiration:

Recipe Inspiration:

## Superstar Protein Foods

According to the Diabetes Plate, protein foods should fill up one quarter of your plate.

These foods are plant-based protein superstars because they are packed with fiber, folate, potassium, iron, and zinc. There are different kinds of beans like kidney, pinto, navy, or black beans, and legumes like chickpeas, split peas, and lentils that all offer a host of nutrient-packed benefits.

Recipe Inspiration:

Omega-3 fats may help reduce the risk of heart disease and inflammation. Fish high in these healthy fats are sometimes referred to as "fatty fish." Salmon is well known in this group and other fish high in omega-3 are herring, sardines, mackerel, trout, and albacore tuna

The Nutrition Consensus Report states:

“The recommendation for the general public to eat a serving of fish (particularly fatty fish) at least two times per week is also appropriate for people with diabetes.”

Recipe Inspiration:

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According to the Diabetes Plate, protein foods should fill up one quarter of your plate.

Recipe Inspiration:

Most of us know citrus fruits are a great vitamin C source, but did you know they also have fiber, folate, and potassium? From grapefruits, oranges, lemons, limes, and beyond, choose whole fruits over juices to get the full benefits of eating fruit, including the fiber from the pulp.

Recipe Inspiration:

Whole grains are rich in vitamins and minerals like B vitamins, magnesium, iron, and manganese. They are a great source of fiber too. Look for products that have the first ingredient

with the word “whole” in it. Some examples of whole grains include whole oats, quinoa, barley, farro, and whole wheat.

Recipe Inspiration:

Recipe Inspiration:

## **How to Shop for Superstar Foods on a Budget**

Want more recipe inspiration and healthy eating tips? Visit [Diabetes Food Hub®](#) for free, diabetes-friendly recipes

## **Live a Healthy Life with Diabetes**

Sign up for our monthly Healthy Living e-newsletter, featuring information about fitness, nutrition, body & mind, self-care, blood glucose management, resources, research, treatments, and technology.

## **Eating for Diabetes Management**

Discover science-based nutrition recommendations on how to eat for diabetes management.

## **Diabetes Superstar Foods**

Our list of “superstar” foods below are rich in protein, healthy fats, vitamins, minerals, antioxidants, and fiber. Check out our picks!

## **How to Get Your Family Involved with Healthy Eating**

Building healthy eating habits isn’t the easiest journey to go on, especially if you feel like you’re doing it alone. But when you’re supported by your family, it can make a huge difference.

## **Why You Should Drink More Water**

Staying hydrated carries a host of health benefits. Learn why you should make sure you are getting enough water.

## **Tips for Eating Healthy on the Go**

A lot of us may only have time to eat on the go. Here are some tips on how to make better for you choices with a busy schedule.

## **Give Today and Change lives!**

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