

# 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.

Dark green leafy vegetables

Packed with vitamins and minerals such as vitamins A, C, K, and folate; iron; calcium; and potassium, these foods are low in calories and carbohydrates and fit on the non-starchy vegetables section of the Diabetes Plate. Additionally, try adding dark leafy vegetables like spinach, collards, and kale to salads, soups, and stews.

Recipe Inspiration:

Garlic Sauteed Spinach and Kale Southern Collard Greens Spinach Yogurt Dip

Garlic Sauteed Spinach and Kale

Southern Collard Greens

Spinach Yogurt Dip

Avocado

This nutrient-packed food is important for contributing fat-soluble vitamins and fiber and can help you feel full. Avocados are not only versatile and delicious, they also provide a heart-healthy source of fat to the Diabetes Plate.

Recipe Inspiration:

Avocado Toast with Turkey Bacon and Tomato Avocado Tuna Salad Avocado Strawberry Salad

Avocado Toast with Turkey Bacon and Tomato

Avocado Tuna Salad

Avocado Strawberry Salad

## Superstar Protein Foods

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

Beans, Dried Peas, & Legumes

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.

These plant-based proteins do contain carbohydrates, but ½ cup also provides as much protein as an ounce of meat without the saturated fat. To save time, you can use canned beans. But be sure to drain and rinse them to get rid of as much added salt as possible. Choosing dry beans, peas, and legumes are not only affordable, but you can personalize them with your own flavors.

Recipe Inspiration:

Basic Bean Burger Parsley Lemon Chickpea Salad Lentils and Greens with Apples

Basic Bean Burger

Parsley Lemon Chickpea Salad

Lentils and Greens with Apples

Fish High in Omega-3 Fatty Acids

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

Choose fish that is broiled, baked, or grilled to avoid extra carbohydrate and calories that would be in fish that is breaded and fried. Try eating fatty fish at least twice a week to get the nutritional benefits.

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:

Salmon and Rice Bowls Grilled Trout with Fresh Herbs Grilled Teriyaki Tuna

Salmon and Rice Bowls

Grilled Trout with Fresh Herbs

Grilled Teriyaki Tuna

Nuts

An ounce of nuts can go a long way in getting key healthy fats, magnesium, and fiber and can help manage hunger. Some nuts and seeds, such as walnuts and flax seeds, are also a good source of omega-3 fatty acids. Try roasting and seasoning your own nuts to cut down on the added sodium of prepared nuts.

Recipe Inspiration:

Toasted Nut Cranberry Trail MixApple Walnut SaladLemon Raspberry Chia Seed Pudding

Toasted Nut Cranberry Trail Mix

Apple Walnut Salad

Lemon Raspberry Chia Seed Pudding

Superstar Carbohydrate Foods

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

Berries

Berries are a great option for a diabetes meal plan, packed with antioxidants, vitamins C and K, manganese, potassium, and fiber. They are naturally sweet can be a great option to satisfy your sweet tooth without added sugar.

Recipe Inspiration:

Berry SalsaBerries and CreamBlueberry Almond Chicken Lettuce Wraps

Berry Salsa

Berries and Cream

Blueberry Almond Chicken Lettuce Wraps

Citrus Fruit

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:

Broccoli and Mandarin Orange SaladBrussels Sprouts With OrangesWinter Salad with Citrus

Broccoli and Mandarin Orange Salad

Brussels Sprouts With Oranges

Winter Salad with Citrus

Whole Grains

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:

Cilantro Lime QuinoaSavory Mediterranean OatsAsian Edamame and Brown Rice Salad

Cilantro Lime Quinoa

Savory Mediterranean Oats

Asian Edamame and Brown Rice Salad

Milk and Yogurt

You may have heard milk and yogurt can help build strong bones and teeth with calcium. In addition to calcium, many milk and yogurt products are fortified to make them a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Milk and yogurt contain carbohydrates, which you will need to plan for when you have diabetes. Look for yogurt products that are lower in fat and added sugar. Try adding some natural sweetness to low-fat plain Greek yogurt with berries and top with walnuts for a satisfying breakfast

Recipe Inspiration:

Blueberry Lemon Yogurt Parfait  
Savory Tzatziki-Style Greek Yogurt  
Cheddar Cheese and Broccoli Soup

Blueberry Lemon Yogurt Parfait

Savory Tzatziki-Style Greek Yogurt

Cheddar Cheese and Broccoli Soup

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

Eating healthy with a diabetes-friendly food list doesn't have to be expensive. Shop your local markets for foods and produce that is in season or on sale. Vegetables and fruit in other forms (frozen, canned, or dried) are great choices, just be sure to select ones without added sugar or sauces. Rinse canned vegetables to help reduce sodium. Look for frozen or canned fish and lower sodium nuts. Dry beans and legumes and whole grains you cook from scratch are affordable and allow you to personalize with your favorite flavors.

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!**

With your support, the American Diabetes Association® can continue our lifesaving work to make breakthroughs in research and provide people with the resources they need to fight diabetes.

출처 : <https://diabetes.org/food-nutrition/food-and-blood-sugar/diabetes-superstar-foods>