**Refined sugar -** We all know that sugar, until it is in its most natural form, is bad for people suffering from diabetes. When consumed, refined sugar spikes the blood sugar rapidly. Sometimes even the natural form like honey can cause a sudden spike in the blood sugar levels. So, it's better to avoid refined sugar by all means if you are a diabetic.  
  
**2. Whole grains -** Grains that have gluten in them should be avoided. Gluten is associated with diabetes as its intake can cause leaky gut leading to inflammation which in turn can lead to auto immune diseases.  
  
**3. Alcohol -** Alcohol consumption is directly related to diabetes. Alcohol not only damages your liver but also attacks the pancreas that produces insulin. Diabetes is linked with consumption of heavy alcohol which is two to three glasses a day. Beer should especially be avoided as it has a lot of carbohydrates.  
  
**4. Cow's milk -** Just like whole grains, cow milk can trigger the immune system which can lead to inflammation. Milk coming from sheep and goat is not harmful in fact it helps to maintain the blood sugar level. But the conventional cow milk can be dangerous for you if you are suffering from diabetes.