**How to cure diabetes with change in food habits?**

When your blood sugar levels are higher than normal, carbohydrates such as cereals, pasta, fruits, milk, dessert and bread are usually responsible. When one is diabetic, a meal plan is very important because it guides you on what kind of foods to eat. It should be good enough to fit in your eating habits and also your schedule.

**Beans**

These are rich in fibres & help you feel full for longer periods. Beans, including black beans, do contain carbohydrates, but they also contain a significant amount of dietary fibre, protein, and other nutrients that result in a relatively low glycemic index rating.

**Spinach**

This is an all-season vegetable that is a very good source of dietary fibres, vitamins, folate, chlorophyll, manganese, calcium, potassium, zinc, phosphorous, protein and carotene. Spinach’s glycemic index is almost 0 and which is why it is very helpful for diabetic patients for stabilizing blood glucose levels.

**Collard green**

These are a part of the cruciferous vegetable family and include; kale, rutabaga, Brussels, broccoli, sprouts, cabbage, turnips, etc. They provide a lot of nutrients at low calories & are known to lower the blood glucose level in patients with type 1 diabetes and stabilize the lipids, insulin and blood glucose level in type 2 diabetics.

**Mustard greens**

Leaf-mustard is very low in calories (27 calories per 100g raw leaves) and fats. However, its dark-green leaves carry ample amounts of phytonutrients, vitamins, and minerals. Additionally, it contains a very good amount of dietary fibre that helps control cholesterol levels by interfering with its absorption in the gut.

**Sweet potatoes**

Best amongst the potato family, boiled sweet potatoes have a glycemic index of 44 which is why they are considered a superfood for diabetics. According to the American Journal of Clinical Nutrition, eating sweet potatoes in moderate amounts will help you keep your blood sugar levels in the healthy range even if you have diabetes.