

Prediabetes:

1. General:

- Limit your portion sizes and eat regularly. Eating too much or too little can affect your blood sugar levels.
- Aim for three balanced meals and one or two healthy snacks per day (not sugary).
- Avoid skipping meals or binge eating
- Drink plenty of water and stay hydrated (2.5 litres per day). Water is the best drink for prediabetes, as it has no calories or sugar and can help flush out toxins from your body. Aim for at least eight glasses of water per day.
- You can also drink unsweetened tea, coffee, or sparkling water, but avoid adding sugar or cream
- Exercise walking and upper body movements
- Sleep well 7 to 8 hours

2. Here are few tips and examples of food that are good for prediabetes:

Food friendly.

- **Whole grains:** These are grains that are unrefined or processed, which means they retain their bran, germ, and endosperm. Examples of whole grains are whole wheat bread, oatmeal, brown rice, quinoa, barley, buckwheat .
- **Protein-rich foods:** lean meats (such as chicken breast), poultry (such as turkey breast), fish (such as salmon), eggs (especially egg whites), tofu (made from soybeans), low-fat dairy products (such as skim milk),olive oil (extra virgin or virgin)
- **Vegetables:** These are also natural sources of sugar that also contain fiber, vitamin A, vitamin K, calcium, magnesium, and other nutrients. They can help protect your eyesight and prevent constipation. Some examples of vegetables that have a low GI(glycemic index): all leafy green vegetables, ,broccoli, cauliflower, Brussels sprouts , spinach , kale, sweet potatoes, carrots (without peel), celery, Okra, asparagus, cucumbers , zucchini, eggplant, mushrooms ,and artichokes
- **Beans and legumes:** These are plant-based foods that are rich in protein, fiber, iron, folate, and antioxidants. They can help lower your cholesterol

levels and blood pressure. Lentils, peas (green or split), soybeans (edamame), kidney beans, chickpeas (garbanzos), peanuts(unsalted).

- **Fruits:** These are natural sources of sugar that also contain fiber, vitamin C, potassium, and other nutrients. They can help lower your risk of heart disease and cancers. Examples of fruits that have a low glycemic index (GI), apples (with skin), berries (such as blueberries or raspberries), oranges, grapefruit, pears (with skin), kiwis, and melons.
- **Nuts and seeds** all and everyone of them are good for you, consume in moderation or add to your food on a regular basis. Almonds: Almonds may help reduce the risk of heart disease in people with type 2 diabetes. Walnuts. Peanuts .Pumpkins seeds, Macadamia Nuts ,and cashew
- **Dried fruits:**(high in natural sugar) eat in Moderation, limit to small portions. Mandatory to ensure that NO SUGAR ADDED!!!!:Raisins(2 tablespoons per serving),Apricots(2 to 4),Dried apples, berries, and prunes(2 tablespoons),Dates and figs are ok to eat in moderation: maximum three per day.

3. Foods to avoid for prediabetes are:

- **Foods with added sugars**, such as baked goods, candy, desserts, syrups, honey, jams, sodas, juices, energy drinks, and alcoholic drinks. These foods can spike your blood sugar quickly and have no nutritional value.
- **Foods with refined carbohydrates**, such as white bread, white rice, white flour, pastries, and snack foods. These foods are digested quickly and have a high glycemic index (GI), which means they raise your blood sugar rapidly. They also lack fiber and other nutrients that can help you feel full and regulate your blood sugar.
- **Foods with saturated fats**, such as fatty meats (lamb and beef eat, but less frequently),
- **Avoid fried foods**, butter, cheese, cream, and coconut oil. These fats can increase your cholesterol levels and your risk of heart disease. They also make you feel hungry sooner and may interfere with your weight loss efforts

4. Juices and dried food to avoid.

- **Fruit Juice:** Fruit juices often have a high sugar content and can cause blood sugar levels to spike
- **Dried Fruit (in moderation):** While dried fruit can be included in the diet, it is important to ensure it is not dried with added sugar. Dried fruit is a super-concentrated form of whole fruit that goes through a drying process, which can increase its sugar content.
- **High Sugar Fruits:** Some fruits have a significantly higher sugar content than others. These include watermelons, overly ripe bananas, and pineapples. While these fruits are safe to eat, it is important to be aware of their sugar content and plan accordingly.
- **High Carbohydrate Fruits:** Fruits high in carbohydrates can have a significant impact on blood sugar levels. These include red grapes, bananas, Fuji apples, mangos, and pineapples
- **Unhealthy products:** sugary Syrups, honey, jams, sodas, juices, and energy drinks. Avoid candies and desserts,

"Good" Foods Low-Glycemic		"Bad" Foods High-Glycemic	
Water	Apple	Acorn Squash	Cereal
Oatmeal	Grapes	Baked Beans	Cornstarch
Eggs	Plum	Beets	Croissant
Protein Powder	Shrimp	Black-eyed Peas	Croutons
Peanut Butter	Mayonnaise	Butternut Squash	Doughnut
Tahini	Plain Yogurt	Cooked Carrots	English Muffin
Olives	Deli Meat	Corn	Granola
Beef	Ham	French Fries	Grits
Cheese	Soy Milk	Hubbard Squash	Melba Toast
Salsa	Spirulina	Lima Beans	Muffin
Black Beans	Tempeh	Parsnips	Noodles
Kidney Beans	Egg Substitute	Peas	Instant Oatmeal
Ground Turkey	Oil	Pinto Beans	Pancake
Soy Sausage	Peanuts	Potato	Popcorn
Chicken	Swordfish	Refried Beans	Rice
Turkey Sausage	Tuna Steak	Sweet Potato	Rolls
Salmon	Tomato Sauce	Turnip	Taco Shell
Turkey	Spinach	Banana	Tortilla
Canned Tuna	Carrots	Cranberries	Udon Noodles
Canned Chicken	Orange	Dates	Waffle
Soy Burgers	Pear	Fig	BBQ Sauce
Cottage Cheese	Pineapple	Guava	Ketchup
Almonds	Brussels Sprouts	Mango	Cocktail Sauce
Macadamia Nuts	Eggplant	Papaya	Honey
Avocado	Sauerkraut	Prunes	Jelly
Tofu	Hot Dogs	Raisins	Sugar
Tomato	Chickpeas	Fruit Juice	Maple Syrup
Lettuce	Lamb	Vegetable Juice	Teriyaki Sauce
Onion	Pork	Bagel	Chocolate
Mushrooms	Dill Pickles	Biscuit	Corn Chips
Cucumber	Soy Beans	Bread Crumbs	Ice Cream
Blueberries	Asparagus	Bread	Potato Chips
Milk	Cantaloupe	Steak Sauce	Pretzels
Broccoli	Strawberries	Bulgur	Saltine Crackers
Zucchini	Peach	Sweet Relish	Molasses

