**Preventions:**

**Diabetics food :**

**1. Fatty Fish**

Fatty [fish](https://www.healthline.com/nutrition/11-health-benefits-of-fish/) is one of the healthiest foods on the planet.

**2. Leafy Greens**

Leafy green vegetables are extremely nutritious and low in [calories](https://www.healthline.com/nutrition/how-many-calories-per-day/).

**3. Cinnamon**

[Cinnamon](https://www.healthline.com/nutrition/10-proven-benefits-of-cinnamon/) is a delicious [spice](https://www.healthline.com/nutrition/10-healthy-herbs-and-spices/) with potent antioxidant activity.

**4. Eggs**

Eggs provide amazing [health benefits](https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs/).

**5. Chia Seeds**

[Chia seeds](https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds/) are a wonderful food for people with diabetes.

**6. Turmeric**

[Turmeric](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric/) is a spice with powerful health benefits.

**7. Greek Yogurt**

Greek [yogurt](https://www.healthline.com/nutrition/foods/yogurt/) is a great [dairy](https://www.healthline.com/nutrition/is-dairy-bad-or-good/) choice for diabetics.

**8. Nuts**

Nuts are delicious and nutritious.

All types of nuts contain fiber and are low in digestible carbs, although some have more than others.

Here are the amounts of digestible carbs per 1-oz (28-gram) serving of nuts:

* **Almonds:** 2.6 grams
* **Brazil nuts:** 1.4 grams
* **Cashews:** 7.7 grams
* **Hazelnuts:** 2 grams
* **Macadamia:** 1.5 grams
* **Pecans:** 1.2 grams
* **Pistachios:** 5 grams
* **Walnuts:** 2 grams

**9. Broccoli**

[Broccoli](https://www.healthline.com/nutrition/foods/broccoli/) is one of the most nutritious vegetables around.

**10. Extra-Virgin Olive Oil**

[Extra-virgin olive oil](https://www.healthline.com/nutrition/extra-virgin-olive-oil/) is extremely beneficial for heart health.

**11. Flaxseeds**

[Flaxseeds](https://www.healthline.com/nutrition/foods/flaxseeds/) are an incredibly healthy food.

**12. Apple Cider Vinegar**

[Apple cider vinegar](https://www.healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar/) has many health benefits.

**13. Strawberries**

[Strawberries](https://www.healthline.com/nutrition/foods/strawberries/) are one of the most nutritious fruits you can eat.

**14. Garlic**

[Garlic](https://www.healthline.com/nutrition/11-proven-health-benefits-of-garlic/) is a delicious herb with impressive health benefits.

**15. Squash**

Squash is one of the healthiest vegetables around.

**16. Shirataki Noodles**

Shirataki noodles are wonderful for diabetes and weight control.

**Diabetics prevention health tips:**

## 1. Cut Sugar and Refined Carbs From Your Diet

Eating [sugary foods](https://www.healthline.com/nutrition/sugar-liver-diabetes/) and [refined carbs](https://www.healthline.com/nutrition/why-refined-carbs-are-bad/) can put at-risk individuals on the fast track to developing diabetes.

## 2. Work Out Regularly

Performing [physical activity](https://www.healthline.com/nutrition/does-exercise-cause-weight-loss/) on a regular basis may help prevent diabetes.

## 3. Drink Water as Your Primary Beverage

[Water](https://www.healthline.com/nutrition/7-health-benefits-of-water/) is by far the most natural beverage you can drink.

## 4. Lose Weight If You're Overweight or Obese

Although not everyone who develops type 2 diabetes is overweight or obese, the majority are.

## 5. Quit Smoking

Smoking has been shown to cause or contribute to many serious health conditions, including heart disease, emphysema and cancers of the lung, breast, prostate and digestive tract ([27Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2733016/)).

## 6. Follow a Very-Low-Carb Diet

Following a [ketogenic](https://www.healthline.com/nutrition/ketogenic-diet-101/) or very-low-carb diet can help you avoid diabetes.

## 7. Watch Portion Sizes

Whether or not you decide to follow a low-carb diet, it's important to avoid large portions of food to reduce the risk of diabetes, especially if you are overweight.

## 8. Avoid Sedentary Behaviors

It's important to avoid being sedentary if you want to prevent diabetes.

## 9. Eat a High-Fiber Diet

Getting [plenty of fiber](https://www.healthline.com/nutrition/how-much-fiber-per-day/) is beneficial for gut health and weight management.

## 10. Optimize Vitamin D Levels

Vitamin D is important for blood sugar control.

## 11. Minimize Your Intake of Processed Foods

One clear step you can take to improve your health is to minimize your consumption of processed foods.

## 12. Drink Coffee or Tea

Although water should be your primary beverage, research suggests that including [coffee](https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee/) or tea in your diet may help you avoid diabetes.

## 13. Consider Taking These Natural Herbs

There are [a few herbs](https://www.healthline.com/nutrition/diabetes-herbs-supplements/) that may help increase insulin sensitivity and reduce the likelihood of diabetes progression.