Complemenary Blog Post: 4 Foods to Avoid For Diabetics

Subject: 5 Staple Foods For Diabetics

[firstname],

Switching to any diet can be extremely hard and stressful. Over your life you’ve found foods that you love and want to continue to eat. As a diabetic you might have to find alternatives or not eat some of your favorites foods in order to stay healthy.

When you’re a diabetic there is no cure, but you can manage it and live a long and healthy life. You do have to watch what you eat and manage your insulin, as well as their blood glucose levels.

In order to help you in this journey of discovering the foods that you can have – here are X staples that every diabetic should keep in their panty, fridge or freezer.

1.Vegetables

These are packed with fiber, vitamins and minerals and should be included in your meals and snacks.

2. Fruits

Even though fruit has sugar in them – that does not mean you can never have fruit again. Like anything you’ll need to make sure that you’re not eating too much.

3. Whole Grains

By eating whole grains instead of refined you won’t get sugar that breaks down quickly. In fact with this food group you’ll feel full longer.

4. Bean

Beans are full of protein and you should consider eating these at every meal. They’ll keep you full and give you the protein that you need during the day.

5. Lean Meats, Poultry & Fish

You can still enjoy meat as a diabetic – you’ve just got to know what type you’ll be eating. They have different categories and you should be aware of where they fall because you don’t want to eat all high or medium fat meat. Use lean meats like pork, sirloin steak or roast.

There are several foods that you should avoid as a diabetic and you can find them in our blog post on the site.

LINK

Being diabetic is not going to be easy, but it is manageable. You can live a full and healthy life if you switch the way that you eat and find healthy alternatives to food you currently enjoy.

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