**4 Foods to Avoid For Diabetics**

Being diagnosed with diabetes can be an extremely hard diagnosis to hear. For many, this metabolic disease means being more aware of what you eat. While it is true that people dealing with diabetes need to practice caution with what they eat, it shouldn’t necessarily mean that you can’t eat good foods.

In general, diabetes or not, there are meals and dishes you would best stay away from. Meals and dishes that have high amounts of sodium, saturated fat, unnecessary sugar and simple carbs that can negatively affect everyone – even those who do not have this disease.

Whether you are coming to terms with your diabetes diagnosis, or simply want to improve your diet, below are foods that you would do well avoiding:

**Liquid Sugar – Avoid Coffee Drinks**

Sugar is one ingredient that you are going to have to monitor when you learn about your diagnosis. One way to do this is by taking out any drink that has sugar in it. This can include soda, energy drinks and coffee.

Instead of loading your coffee up with sugar and creamer - drink it black with a little bit of almond milk. Plus if you need our daily caffeine fix this will help because it has that, but without all the unnecessary sugar that the others do. For instance, a serving of white chocolate mocha from a local coffee shop could be 470 calories or more per serving – this is as much or even more than a healthy plate of fish and veggies.

**Fruit Juice Beverages Might Have More Preservatives than Natural Produce – Be Warned**

Similar to coffee drinks, bottled fruit juices are more often just preservative with sugar than they are actual fruit juices. If you read the label of leading brands you’ll quickly learn that for one bottle it can 130 calories and 29 grams of sugar.

Many people think that because it is juice that means it will be healthy for you, but it has quite a bit of sugar in each glass. You’d be better buying a juicer and making your own or adding fruit to your water.

**Stay Away From Fast Food Staples Like Nachos and Fries**

Food that you get from fast food restaurants are known to be unhealthy. Unfortunately for the food to taste the way they do, a lot of artificial flavoring, fat and salt have to be pumped into them to be preserved.

Side-dishes like nachos and fries are often overlooked, but can be some of the worse culprits regarding fat and calories. Depending on where you buy these they can be 400 to 850 plus calories. And think twice up getting the bigger version.

**Frozen Meals Might Be Convenient But They Aren’t The Best Options**

Frozen meals are convenient. You come home, either put it in the microwave or oven, wait for it to be done, and then you can enjoy a warm meal for dinner. But have you ever considered why these meals can last as long as they do? It is all the preservatives that they put in them. They have hidden salt and sugar.

The best way to keep a handle on your diabetes is to cook at home. When you cook you know all of the ingredients that goes into your meals. Plus it is cheaper than eating out and you get to tweak dishes to what you like.