**5 Diabetic-Friendly Foods**

Making the right food choices after being diagnosed with Diabetes can be overwhelming and you might not know what you can eat so it’ll seem a bit tricky. Especially for those who have not paid attention to what you’ve ate in the past. Figuring out your grocery list without the help of a professional can seem impossible at times.

For diabetics, it is important to take note of the glycaemic index or GI. This is the measure in how quickly a meal can spike a person’s blood sugar.

In order to help you out, below are diabetic friendly options that both have high nutritional content and low GI:

**Think Non-Starchy Vegetables Like Artichokes, Beets and Broccoli**

Potatoes, yams and other root crops are healthy. However, they do tend to contain a lot of calories. For diabetics, it isn’t a good idea to eat tons of starchy vegetables.

Artichokes, beets and broccoli provide some great nutrients with less calories than those starchy alternatives. Plus they fill you up without weighing you down – thus diabetics can enjoy these vegetables.

**Likewise, Choose Non-Fat or Low-Fat Dairy**

One of the most essential nutrients the body needs in order to function properly is Vitamin D. Vitamin D is usually found in dairy products like milk, ice cream, cheese and yogurt. If you are diabetic, it can be dangerous to consume run of the mill full milk.

Low-fat options score low in the GI index. Most brands fortify their products with Vitamin D, so go with this option.

**Affordable and Versatile – Tomatoes**

Like other non-starchy vegetables, tomatoes rank low in the glycaemic index. They are rich in lycopene, which lowers a person’s susceptibility to cardiovascular diseases. This is incredibly helpful for diabetics since they are more prone to develop heart complications because of their metabolic disease.

**For a Sweet Treat, Blueberries and Oranges**

If you have sweet tooth, it can be very difficult to deal with a diabetes diagnosis. After all, you know that piece of your favorite cake can take a toll on your blood sugar. Thankfully, fruits like blueberries and oranges provide just the right amount of sweetness to satisfy your cravings without running your glucose levels over the edge.

**Nothing Wrong With a Serving of Beans**

Beans are probably one of the most nutritious foods out there. They contain protein, fiber, and a formidable number of vitamins and minerals. Not only that, but they are a great and hefty substitute to simple carbs like rice and bread. A serving has many nutrients and rank low on the GI index.

As you can see there are quite a few options when you’re a diabetic, you’ve just got to be more aware of what types of foods you eat. With practice this gets easier.