

A top-down view of a diverse collection of healthy foods. In the top left, there are whole potatoes and sliced carrots. Next to them are some whole carrots and a small metal bowl of white powder. The top center features a pile of yellow, shell-shaped pasta. To the right, there are several round, flatbreads or crackers, some topped with seeds. The middle section is dominated by the text 'GREAT FOODS FOR DIABETES'. Below the text, there are several white ceramic bowls containing different types of grains and legumes: one with mixed beans, one with dark brown lentils, one with light brown lentils, one with chickpeas, one with black beans, and one with dark seeds. To the left of the text, there are sliced sweet potatoes, a whole orange, and a bunch of red grapes. A single yellow banana is positioned horizontally across the middle. At the bottom, there is a red apple, a green zucchini, and some green beans. The entire scene is set against a dark wooden background.

INTRODUCTION

For diabetes, there are foods to eat and the ones to avoid so that you can maintain equilibrium of blood sugar that can give you comfort required and also save your body organs that might be damaged due to the surge of blood sugar.

Such as below can help you to control the blood sugar and also check the surge of blood sugar. The foods below are in their category so you can find any food in any of the categories and then make adjustment to live by them for daily food so that you can control the blood sugar level of your body.

- **Dark green leafy vegetables.**
- **Beans**
- **Kidney**
- **pinto**
- **Navy or black beans are packed with vitamins and minerals such as magnesium and potassium**
- **Citrus fruit**
- **Berries**
- **Tomatoes.**
- **Fish high in omega-3 fatty acids**
- **Nuts**
- **Whole grains**

GREAT FOODS FOR DIABETES

BREAKFAST

OATMEAL



INGREDIENTS

- ✓ 1/2 cup dry oatmeal
- ✓ 2 tsp. of ground flax seeds
- ✓ 2 tsp. of sunflower seeds
- ✓ A dash of cinnamon
- ✓ 1 tsp. of cocoa

PROCESS

Cook oatmeal with hot water and after that mix all ingredients. Sweeten if you have to with few drops of lucuma powder. Optional: You can replace sunflower seeds with pumpkin seed or chia seed. You can add a handful of blueberries any berries instead of cocoa.

OATMEAL YOGURT BREAKFAST



INGREDIENTS

- ✓ 1/2 cup dry oatmeal
- ✓ Handful of blueberries (optional)
- ✓ 1 cups of low-fat yogurt

PROCESS

Mix all ingredients and wait 20 minutes or leave overnight in the fridge if using steel cut oats.

COCOA OATMEAL



- ✓ 1/2 cup dry oats
- ✓ 1 cup water
- ✓ A pinch tsp. salt
- ✓ 1/2 tsp. ground vanilla bean
- ✓ 1 tbsp. cocoa powder
- ✓ 1 tbsp. lucuma powder
- ✓ 3 tbsp. ground flax seeds meal
- ✓ a dash of cinnamon
- ✓ 2 egg whites

PROCESS

In a saucepan over high heat, place the oats and salt. Cover with water. Bring to a boil and cook for 3-5 minutes, stirring occasionally. Keep adding 1/2 cup water if necessary as the mixture thickens.

In a separate bowl, whisk 4 tbsp. water into the 1 tbsp. cocoa powder to form a smooth sauce. Add the vanilla to the pan and stir.

Turn the heat down to low. Add the egg whites and whisk immediately. Add the flax meal, and cinnamon. Stir to combine. Remove from heat, add lucuma powder and serve immediately.

Topping suggestions: sliced strawberries, blueberries or few almonds.

FLAX AND BLUEBERRY VANILLA OVERNIGHT OATS



INGREDIENTS

- ✓ 1/2 cup dry oats
- ✓ 1/3 cup water
- ✓ 1/2 cup low-fat yogurt
- ✓ 1/2 tsp. ground vanilla bean
- ✓ 2 tbsp. flax seeds meal
- ✓ A pinch of salt
- ✓ Blueberries, almonds, blackberries, lucuma powder for topping

PROCESS

Add the ingredients (except for toppings) to the bowl in the evening.

Refrigerate overnight.

In the morning, stir up the mixture. It should be thick. Add the toppings of your choice.