The Best Diet

Whether you want to lose weight, reverse insulin resistance, prevent diabetes or control it better, aim for a daily calorie count that is...

- No more than 30% carbs—mostly unrefined, high-fiber choices. (Eat less white flour, other refined starches, potatoes, sugar.)

- At least 30% protein. (But not a lot of red meat.)

- About 40% healthy fats. (Eat less bacon and more olive oil.)

Block That Blood Sugar Spike!

After you eat, your blood sugar rises and then subsides. The ideal is a slow, small rise followed by a slow return to normal. You can prevent blood sugar spikes if you...

- Lean on proteins. Fish, shellfish, poultry, legumes (beans, chickpeas, lentils and fresh peas), eggs, beans and tofu. Lentils are the most powerful legume. Eat protein at each meal to help stabilize blood sugar.

- Make room for magnificent magnesium. Most Americans don’t get enough of this essential mineral, which helps regulate blood sugar. (Bonus: It reduces blood pressure, too.)

- Best sources: Dark leafy greens, whole grains, fish, cocoa powder, bananas, avocados and beans.

- Spikes if you...

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  - Magnesium intake, those with the lowest dietary...compared to people with the lowest dietary magnesium intake, those with the highest intake have a 47% lower risk of developing diabetes.

  - Coffee, rich in protective flavonoids and antioxidants, slashes diabetes risk. Decaf, too.

- Did you know... both processed and unprocessed red meat are linked to higher type 2 diabetes risk? Learn the cider vinegar trick. Been making unhealthy food choices? Two tablespoons of apple cider vinegar before or with a high-carb, high-sugar meal will reduce your blood sugar!

- Bonus:

  - Bananas, avocados and beans.

  - Whole grains, fish, cocoa powder, lentils and fresh peas, eggs, beans and tofu. Lentils are the most powerful legume. Eat protein at each meal to help stabilize blood sugar.

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Shield Your Body Against Complications!

If you have diabetes, you’re at high risk for heart disease, nerve damage, gum disease and vision problems. The good news is that everyone benefits from these protective foods...

- Protect your heart

- Aim for one serving of each a few times a week.

  - Walnuts

  - Broccoli

  - Pomegranate seeds

  - Cocoa

  - Tomato

- Protect your nerves from damage

- Aim for one serving of each a few times a week.

  - Salmon

  - Soy, Hemp and Nut Milks with Added

  - Yogurt (fortified)

  - Mackarel

- Did you know... yogurt’s beneficial bacteria enhance the release of diabetess-preventing fatty acids in the gut?

- Good-bye gum disease

- A daily cup cuts risk of periodontal disease, a common diabetes complication, and heart disease.

- Did you know... green tea helps prevent diabetes complications and diabetes itself?

- Revitalize your vision

- These are rich in omega-3 fatty acids and vitamin D, both of which protect against diabetic retinopathy—damage to the nerves in the eyes, which can lead to blindness. Consuming 500 mg of omega-3 fatty acids a day—the amount in two servings a week of fatty fish—reduces diabetic retinopathy risk by 48%.

  - Tip: Choose wild-caught canned fish, which is higher in omega-3s than farmed fish.

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- Green tea

- Skipjack tuna

- Sardines in oil

- Trout in oil

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