

# Diabetes Health

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## HOW TO BUILD A HEALTHY EATING PLAN FOR BETTER BLOOD SUGAR CONTROL

*Believe it or not, there is no such thing as a “diabetes diet”*

Actually, a variety of foods can easily fit into a diet that promotes better blood sugar control. And this is great because everyone has a unique style of eating. Whether you’ve had diabetes for one year or twenty, a diet that promotes better blood sugar control has key essentials. One essential is a variety of nutrient-rich foods that are low in fat, high in fiber, and taste great!

## HERE’S THE INSIDE SCOOP ON HOW TO BUILD A HEALTHY EATING PLAN FOR BETTER BLOOD SUGAR CONTROL:

### 1 *Eat Carbohydrates*

Contrary to popular belief, foods that contain carbohydrates are not bad. These foods are loaded with vitamins, minerals, and energy the body needs for growth and nourishment. It’s recommended to consume foods that contain complex carbohydrates since they don’t rapidly spike blood sugar levels.

Complex carbs are found in oats, brown rice and other whole grains. While complex carbs tend to be nutritious, their simple counterparts can be as well. Simple carbohydrates are found in foods such as milk and fruit. These are highly nutritious, providing the body with a plethora of vitamins, minerals and energy. However, other simple carbs—candy, table sugar and sugary drinks such as soda—are not as nutritious. These can raise blood sugar levels more quickly than a complex carb and should be limited.



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## Don't Skip Fats



Fats do not directly raise blood sugar levels. As a matter of fact, we all need certain amounts of fat to help protect our internal organs and produce hormones in our bodies. But too much fat in the diet isn't ideal. There are different types of fat, but the two types to focus on are saturated fat and unsaturated fat. According to the American Heart Association, eating foods that contain saturated fat raises the level of cholesterol in your blood. This may lead to heart problems in the future. To reduce your intake of saturated fat, try eating less baked goods and fried foods. Instead, opt for unsaturated fats such as what you'd find in avocados, olives, dates and nuts.

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## Protein for the Win

Protein is a popular nutrient. It supplies the body with much needed strength and energy. It also fills you up and helps the body repair itself after injury. But what's most exciting about this nutrient is that it comes from a variety of sources—both plant and animal.

### PLANT-SOURCED PROTEINS INCLUDE:

- Beans & Legumes
- Quinoa
- Nuts & Seeds

People with diabetes who follow vegan, vegetarian or flexitarian diets can absolutely consume adequate amounts of protein. Plus, plant-sourced protein is lower in fat.

### ANIMAL-SOURCED PROTEINS INCLUDE:

- Fish
- Beef
- Chicken
- Dairy Products

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## Putting It All Together

Sometimes it's difficult to pull together a nutrient-packed meal for better blood sugar control. The first thing you must know is that your meal needs to include a carb, protein and fat—more specifically, a fiber-rich carb, low-fat protein and unsaturated fat. Here's an example of a day's worth of eating to get you started:

### BREAKFAST:

One Scrambled Egg with  
Salted Caramel Overnight Oats

### DINNER:

Cashew Chicken Stir-Fry

### LUNCH:

Plant-Based Truffle Prosciutto  
Naan with Dates & Balsamic Glaze

### SNACK:

Natural Delights Mini Medjools



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