



Diabetes SUPERFOODS!

Ready to go to battle against type 2 diabetes? Grab your fork!

If your weight is creeping up—especially if you have prediabetes—these superfoods can help prevent diabetes. If you already have diabetes, they'll help you better manage your blood sugar and prevent deadly complications. It's time to fight diabetes—one healthy bite at a time!

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.)



DID YOU KNOW.... for each 12-ounce serving of sugar-sweetened beverage a day, diabetes risk goes up 25%?

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.



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!

- **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.



DID YOU KNOW.... compared to people with the lowest dietary magnesium intake, those with the highest intake have a 47% lower risk of developing diabetes?

DID YOU KNOW.... coffee, rich in protective flavonoids and antioxidants, slashes diabetes risk. Decaf, too.

STRIKE BACK AGAINST INSULIN RESISTANCE!

When you gain weight, especially around the middle, your body become less sensitive to insulin, so your pancreas needs to pump out more to control blood sugar. That leads to prediabetes and eventually diabetes. You'll become more insulin sensitive if you...

- **Steep cloves.** Steep your favorite tea with up to a teaspoon of cloves. Cloves stimulate insulin receptors, which makes your body more sensitive to insulin.



- **Eat blueberries.** Toss one-half cup of these on cereal or in smoothies... or munch a bunch for dessert. Fresh or frozen, it doesn't matter. They're rich in anthocyanins, which improve insulin sensitivity by improving the gut microbiome.



DID YOU KNOW.... if you make a change in what you eat today, your insulin resistance drops...within hours.



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)



Mackerel

DID YOU KNOW.... yogurt's beneficial bacteria enhance the release of diabetes-preventing fatty acids in the gut?

These are good sources of vitamin D, which helps prevent diabetes and fights diabetic neuropathy if you are deficient.

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.



Trout in oil



Skipjack tuna in oil



Sardines in oil

Good-bye Gum Disease

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



Green Tea

DID YOU KNOW.... green tea helps prevent diabetes complications and diabetes itself?

SOURCE: John La Puma, MD, board-certified specialist in internal medicine and trained chef with a private nutritional medical practice in Santa Barbara, California, and host of the popular video series *ChefMD*. He is *The New York Times* best-selling author of *ChefMD's Big Book of Culinary Medicine* and *Refuel: A 24-Day Eating Plan to Shed Fat, Boost Testosterone and Pump Up Strength and Stamina* and coauthor of *The RealAge Diet*. • DrJohnLaPuma.com