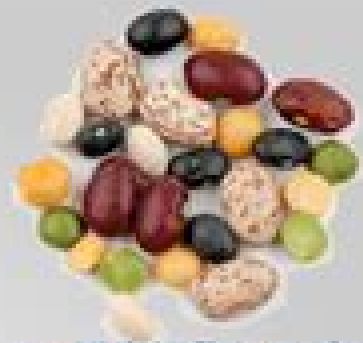




Dark Green Vegetables - Low in calories & carbohydrate



Whole Grains - Magnesium, chromium, omega 3 fatty acids, folate, fiber and potassium.



Beans - High in fiber, good sources of magnesium and potassium



Fat-free Milk and Yogurt
Calcium & vitamin D

10 Diabetes Superfoods for Your Meal Plan



Sweet Potatoes - lower GI potatoes alternative



Nuts - Healthy fats & appetite suppressant



Citrus - Your daily soluble fiber and vitamin C



Tomato - Provides vital nutrients such as iron & Vitamin C & E



Fish such as Salmon, high in Omega-3



Berries - Packed with antioxidants, vitamins and fiber

Healthy Eating For Diabetes

Annelies Wilder-Smith

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