

Type 2 diabetes superfoods

The American Diabetes Association lists [several possible diets](#) as optimal for reducing your [A1C test score](#):

- the Mediterranean diet
- vegetarian and vegan diets
- low-carb or very low-carb diets.

Diets that contain whole grains, beans and other legumes, fresh fruits and vegetables are all beneficial for diabetics.



Beans and legumes

Beans, chickpeas and lentils are high in fibre and protein, but naturally fat-free and sodium-free, making them a great choice for a diabetic diet.

Several studies have found that eating these three things improves blood glucose control, and reduces blood pressure, cholesterol and triglyceride levels in people with type 2 diabetes.

Quinoa

Often mistaken for a whole grain, quinoa is actually a type of seed, and is high in both protein and fibre. That means it slows down the rise in glucose sugars in your blood, as well as keeping you fuller for longer. As well as being a great alternative to white rice, quinoa can help to prevent overeating when you're trying to remain calorie-conscious.

Tomatoes and non-starchy vegetables

Tomatoes are full of lycopene, which studies suggest provides protection against the [development and progression](#) of type 2 diabetes. In particular, tomatoes can decrease blood pressure and slow macular degeneration.

Other low-GI fresh foods include artichokes, broccoli and beetroot – among other non-starchy vegetables. These are low in calories and carbohydrates, but high in fibre, vitamins and minerals.