

Foods to EAT when you have Diabetes



Low Glycemic Indian Foods For Diabetes



Bananas



Beans and dals



Berries



Oranges and Citrus Fruits



Nuts



Leafy Green Vegetables



Cranberries



Strawberries



Blackberries



Tangerines



Nectarines



Pears



Peaches



Coconut



Apples



Melons



Pomegranate



Avocados



Kiwi



Plums

Foods to EAT when you have Diabetes



Vegetables



Bitter gourd



Fenugreek



Pointed Gourd



Garlic



Indian Fig



Kale



Bitter Melon



Tomato



Cucumber



Broccoli



Cabbage



Cauliflower



Spinach



Green Beans



Leafy Greens



Bottle Gourd



Beans



Pumpkin

Foods to EAT when you have Diabetes



Nuts and Seeds



Almonds



Peanuts



Pecans



Hazlenuts



Cashews



Walnuts



Pumpkin Seeds



Sunflower Seeds



Chia Seeds



Sesame Seeds

Beans



Chickpeas



Kidney Beans



Black Beans



Soyabeans

Foods to EAT when you have Diabetes



Others



Brown Rice



Bulgur



Oats



Wheat Berries



Barley



Tea



Black Coffee

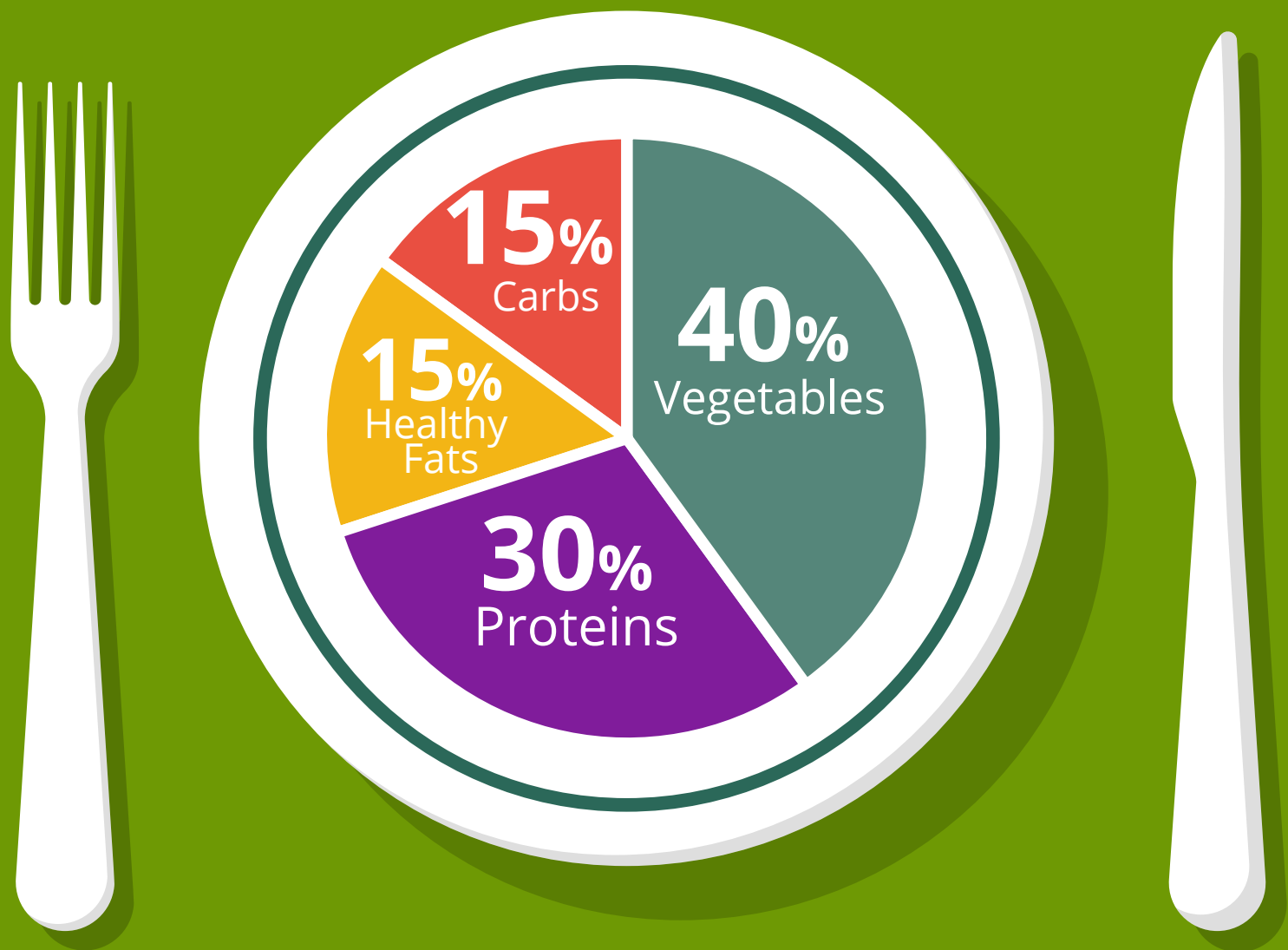


Plant based milk



Farro

At least once in a day a diabetic plate should contain:



- ☑ Vegetables which can be included are as given above.
- ☑ Proteins like peas, sun dried tomatoes, dark leafy greens, edamame and all kind of nuts
- ☑ Healthy Fat like Avocado, Flax seeds, almonds, coconut milk & cashews.
- ☑ Carbs include fruits, beans and some gluten free grains like brown rice, sweet potato(limited quantity)

Foods to AVOID when you have Diabetes



Fatty Foods



Cheese



Curd



Cream



Ice Cream

Trans Fats



Ghee



Butter



Vanaspati



Margarine



Mayonnaise



Peanut butter

High Carbs



Maida (Refined wheat floor)



White Rava

Foods to AVOID when you have Diabetes



All Fried Items
High in Fat and Calories



Proprietary Drinks



Sweetened Drinks
and Foods



Strong Spices



Fast Foods



Preserved Foods



Red Meat (Mutton,
Pork, Beef)



Dried Fish



Organ Meats (Liver,
Kidney etc.)



Pickles



Canned Foods



Egg Yolk

SUGAR KNOCKER

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WITH GOODNESS OF AYURVEDA

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