Foods That Lower Blood Sugar
Diabetes Tips on Eating for Better Blood Sugar

By RealAge

Diabetes tips can run the gamut, but our top tip (and most doctors’ top tips) is to create a diet filled with foods that lower your blood sugar – and help control it, too. Sure, it sounds tricky, but it really needn’t be. That’s because there’s an easy-to-follow nutritional formula that can help do the trick – and keep your blood pressure, cholesterol, and body weight in check.

So, what is that formula? There are three parts:

- Divide
- Add
- Subtract

By dividing up the portions on your plate in a better way, adding certain healthy foods, and subtracting blood-sugar-unfriendly choices, you'll be well on your way to enjoying gaining better control of your blood sugar.

Divide Up Your Plate

Many people give over half of their dinner plate to a meat-based main course. But you'll want to readjust that thinking. Half of your plate should be produce; the other half can be divided between protein (like lean chicken) and high-fiber starches (like whole-wheat pasta or potatoes with the skins on). (Here's a neat little plate divider that we love, and it does the work for you.)

Add This Good Stuff

To really control your blood sugar, you need to focus on foods that your body digests slowly, so that blood sugar is then released into your bloodstream slowly and steadily. But go the extra mile, and make sure the foods you choose are nutritious, too. Here are some good examples of foods that can lower your blood sugar:

- **Beans** -- Not only are beans (like kidney and pinto) a low-fat, nutritious source of protein, but they're also high in fiber. And that's just what you want, because high-fiber foods slow down digestion. (Find out why lentils are especially great for blood sugar.)
- **Whole grains** -- Like beans, whole grains are nutrient-rich, high in fiber, and low on the **glycemic index**. Translation: They digest more slowly than refined and processed grains, keeping your blood sugar steady-as-she-goes.

- **Fresh fruits and vegetables** -- Many fruits and veggies are high in fiber. But just as important, they're typically low in calories, thanks to their high water content, so they help you manage your weight, too. Add in the fact that produce is rich in inflammation-quelling antioxidants, and you've got more than enough reason to fill up half your plate with things like broccoli, leafy greens, zucchini, bell peppers, onions, string beans, eggplant, and the like. And a delicious piece of fresh, ripe fruit is a satisfying ending to any meal. ([Learn about a particular green that KOs blood sugar damage.](#))

For more diabetes tips, visit out [Diabetes Center](#).