



Superfoods for Diabetics

It's a delicate balance—making smart food choices to control your blood glucose levels while keeping the fun in food.

A diet rich in certain fruits, veggies, spices, and meats will lower your need for diabetes medications and will help you avoid complications such as nerve damage and kidney disease.

Here, we've provided the foods and recipes every diabetic can happily enjoy.

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Beans

Beans are loaded with dietary fiber; high-fiber foods break down more slowly in the bloodstream and help stabilize blood sugar. Black, lima, and pinto beans are the best choices, according to the American Diabetes Association.

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Preparation time: 10 min Cooking time: 20 min Servings: 4



California Chicken and Beans

INGREDIENTS

- ¼ cup all purpose flour
- 1 lb boneless, skinless chicken breasts
- 2 green onions, with tops, sliced
- 1¾ cups fat-free, low-sodium chicken broth
- 1 15 oz can pinto or kidney beans, drained and rinsed
- 7 oz button mushrooms, drained
- 1 tsp dried rosemary leaves
- 1 lb frozen mixed vegetables
- ½ tsp garlic, crushed
- 1 tbsp vegetable oil

COOKING DIRECTIONS

Cook chicken in oil in large saucepan over medium heat until browned, about 5 minutes. Add green onion and garlic and cook 1 minute. Combine chicken broth and flour; add to saucepan. Add frozen vegetables, beans, mushrooms, and herbs and heat to boiling.

Cover and reduce heat and simmer until chicken vegetables are tender, about 8-10 minutes. Season with salt and pepper to taste.

NUTRITION FACTS PER SERVING

Calories 400
% Calories from Fat 19.3%
Total Fat 8.6g
Saturated Fats 1.6g
Monounsaturated Fats 2g
Polyunsaturated Fats 3.8g
Cholesterol 96mg
Sodium 580mg
Total Carbohydrates 35g
Dietary Fiber 9.9g
Sugar 5g
Protein 45g

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Preparation time: 15 min Cooking time: 10 min Servings: 4



Asian Bean and Rice Rolls

INGREDIENTS

- ½ cup cucumber, chopped and seeded
- 1 orange, peeled, seeded, coarsely chopped
- ½ cup snow peas, diagonally sliced
- ⅛ tsp salt, to taste
- ⅛ tsp white pepper
- 1 15 oz can red beans or light red kidney beans, rinsed and drained
- 2 tbsp rice vinegar or white distilled vinegar
- 1 tbsp dry cooking sherry
- 1 cup medium-grain rice, such as sushi rice or jasmine rice
- 1 tbsp water
- 2 tsp dark sesame oil
- 3 tbsp pine nuts or slivered almonds
- 1 tbsp lemon zest
- 2 tsp sugar
- ¾ tsp ground ginger
- 12 Boston lettuce leaves or other leaf lettuce
- 2 green onions and tops, thinly sliced

COOKING DIRECTIONS

Cook rice according to package directions. While rice is cooking, cook pine nuts in sesame oil in small skillet over medium heat until toasted, about 2 minutes; remove from skillet. At the same time, heat vinegar, sherry, sugar, and lemon rind in small saucepan over medium heat until sugar is melted, about 1 minute. Drizzle vinegar mixture over rice and toss.

Add snow peas, ginger, and water to skillet; cook, covered, over medium heat until snow peas are crisp to tender, 2-3 minutes. Stir pine nuts, snow peas, ginger, beans, cucumber, orange, and green onions into rice. Season to taste with salt and pepper. Serve warm, or refrigerate and serve chilled; spoon an equal portion of packed rice mixture onto each lettuce leaf and roll up.

NUTRITION FACTS PER SERVING

Calories 370

% Calories from Fat 18%

Total Fat 7.4g

Saturated Fats 0.8g

Monounsaturated Fats 2.4g

Polyunsaturated Fats 3.4g

Cholesterol 0mg

Sodium 370mg

Total Carbohydrates 65g

Dietary Fiber 8.7g

Sugar 8.8g

Protein 11g



Cinnamon

This spice is everything nice when it comes to fighting diabetes. It helps make food tasty. It increases your body's sensitivity to insulin so that glucose can enter cells. Just half a teaspoon of cinnamon can lower blood sugar levels significantly.

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Preparation time: 10 min Cooking time: 15 min Servings: 4



Pork Chops with Cinnamon-Raisin Sauce

INGREDIENTS

- ¾ cup onion, chopped
- ⅛ tsp ground cloves, ground
- ¾ cup orange juice
- ⅛ tsp ground cinnamon
- 2 tbsp raisins
- 1 tbsp capers, rinsed and drained
- 4 boneless pork loin chops, butterfly-cut
- 1 tbsp vegetable oil
- 3 cloves garlic, crushed

COOKING DIRECTIONS

Place each pork chop between two sheets of wax paper and pound lightly with a mallet or other heavy flat object to flatten to a ¼ inch thickness. Combine cinnamon, cloves, and salt and pepper to taste in a bowl and mix well. Sprinkle seasoning mixture over each chop. Heat oil in a heavy nonstick skillet over medium-high heat. Add chops and cook 3-4 minutes per side, or until tender. Transfer to a serving plate and keep warm.

Add onion and garlic to same skillet. Sauté over medium heat 3-4 minutes, stirring frequently. Reduce heat to low. Add orange juice, raisins, and capers. Cover and simmer about 5 minutes, stirring occasionally. Spoon onion-raisin mixture over cooked chops.

NUTRITION FACTS PER SERVING

Calories 240

% Calories from Fat 41.2%

Total Fat 11g

Saturated Fats 2.8g

Monounsaturated Fats 3.8g

Polyunsaturated Fats 3.1g

Cholesterol 58mg

Sodium 110mg

Total Carbohydrates 14g

Dietary Fiber 1.2g

Sugar 5.8g

Protein 22g

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Preparation time: 15 min Cooking time: 40 min Servings: 6



Cinnamon Parsnip Soup

INGREDIENTS

- ½ tsp ground cinnamon
- 2 lb parsnips, peeled and cut into 2 inch chunks
- 3 cups vegetable broth or chicken stock
- 2 tbsp unsalted butter
- ½ cup heavy cream
- ¼ tsp hot pepper sauce
- 1 medium onion, chopped
- ½ cup dry white wine

COOKING DIRECTIONS

Melt butter in a heavy saucepan over medium-high heat. Sauté onion about 5 minutes, stirring often, until onion is tender. Add broth, parsnips, and cream; bring to a boil.

Reduce heat to low, cover, and simmer about 30 minutes or until parsnips are very tender. Transfer mixture to a food processor or blender and process, in batches if necessary, until smooth. Return to saucepan. Stir in remaining ingredients and salt and pepper to taste. Heat until steaming. Do not boil.

NUTRITION FACTS PER SERVING

Calories 210

% Calories from Fat 34.3%

Total Fat 8g

Saturated Fats 4.8g

Monounsaturated Fats 2.2g

Polyunsaturated Fats 0.4g

Cholesterol 24mg

Sodium 500mg

Total Carbohydrates 30g

Dietary Fiber 5.8g

Sugar 9.2g

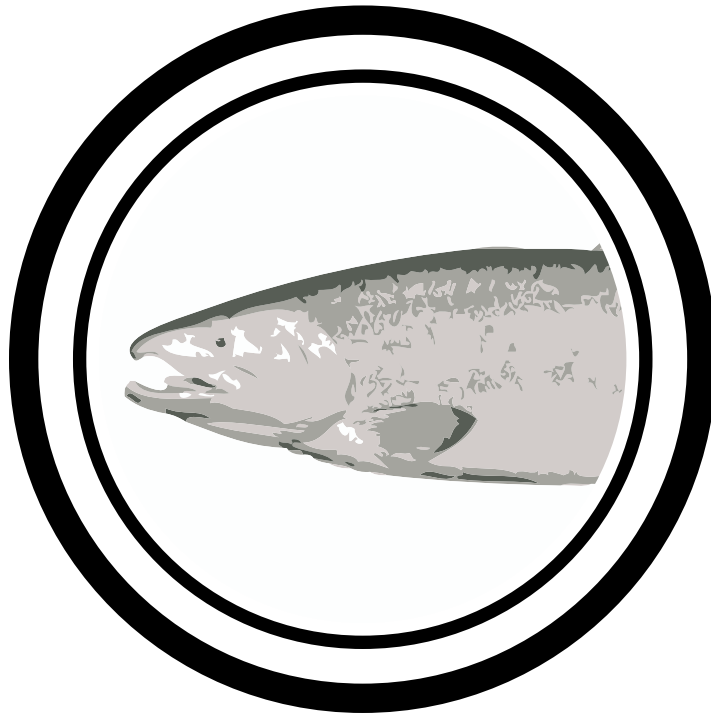
Protein 2g

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Fatty Fish

Seafood such as salmon, trout, herring, albacore tuna, and mackerel are packed with omega-3 fatty acids. These essential fatty acids help lower triglycerides and bad cholesterol levels, which are often high in diabetics.

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Preparation time: 20 min Cooking time: 20 min Servings: 4



Orange, Lemon, and Dill Grilled Salmon

INGREDIENTS

- 1 lemon, rind grated, juiced
- 4 salmon steaks
- 1 tsp whole grain mustard
- 1/8 tsp salt
- 1 1/2 oz butter
- 1 orange, rind grated, juiced
- 1 tbsp olive oil
- 1/8 tsp black pepper, ground
- 2 tbsp dill, freshly chopped
- 4 sprigs fresh watercress, for garnish

COOKING DIRECTIONS

Blend together orange and lemon zest along with juice, oil, mustard, and salt and pepper to taste. Place the salmon steaks in a dish, pour over the marinade, and leave for 1-2 hours.

Meanwhile, blend together the butter, dill, and salt and pepper to taste. Place on a sheet of food wrap; roll up to form a sausage shape. Chill until firm, then cut into 8 rounds.

Preheat grill to medium heat. Grill the salmon for 15-20 minutes, turning and basting occasionally with the marinade. Serve immediately on a bed of watercress with the herb butter rounds.

NUTRITION FACTS PER SERVING

Calories 490
% Calories from Fat 42.2%

Total Fat 23g
Saturated Fats 7.5g
Monounsaturated Fats 7.6g
Polyunsaturated Fats 5g

Cholesterol 190mg

Sodium 350mg

Total Carbohydrates 6.8g

Dietary Fiber 2.1g

Sugar 3.1g

Protein 64g

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Preparation time: 5 min Cooking time: 10 min Servings: 6



Asian Tuna Steaks

INGREDIENTS

- ¼ cup orange juice
- 3 tbsp low sodium soy sauce
- 2 tsp sesame seeds
- 3 tbsp scallions, chopped
- 1 tbsp ginger, grated, or 2 tsp ground ginger
- 2 tbsp sesame oil
- 1½ lb tuna steak

COOKING DIRECTIONS

In a stainless steel bowl or plastic resealable bag, combine first 6 ingredients. Add the tuna and let marinate for 20 minutes. Broil or grill the tuna 6 inches from the heat source for 4-5 minutes per side. Cook until done.

NUTRITION FACTS PER SERVING

Calories 210
% Calories from Fat 27.9%

Total Fat 6.5g
Saturated Fats 1.2g
Monounsaturated Fats 2.2g
Polyunsaturated Fats 2.5g

Cholesterol 68mg

Sodium 320mg

Total Carbohydrates 2.4g
Dietary Fiber 0.3g
Sugar 1.1g

Protein 33g

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Figs

Figs are packed with fiber, so they do a great job of helping to control blood sugar levels. Studies suggest that fig leaf supplements can also lower blood sugar levels, which boosts this fruit's reputation as a super diabetic food.

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Preparation time: 10 min Cooking time: 20 min Servings: 4



Broiled Trout and Dried Figs

INGREDIENTS

- 12 dried figs, halved lengthwise
- 1 cup dry sherry
- 3 tbsp balsamic vinegar or red wine vinegar
- 1 tbsp maple syrup or honey
- 4 trout, about 12 oz each, butterflied, rinsed under cold running water, patted dry
- 1 tbsp Dijon mustard

COOKING DIRECTIONS

Place figs, sherry, and 2 tbsp of vinegar in a nonreactive saucepan over low heat. Simmer for 10 minutes. Remove from heat and let figs steep in liquid for about 15 minutes. Turn on broiler. Remove figs from steeping liquid and set aside.

Stir maple syrup or honey into the liquid. Cook about 5 minutes over medium heat until about $\frac{1}{3}$ cup remains. Whisk in mustard and remaining vinegar. Remove from heat. Set butterflied trout, skin side down, on a broiler pan and tuck sides under slightly. Sprinkle with salt and pepper to taste and brush with half the sauce. Broil 3 inches from heat about 5 minutes, until opaque. Place figs on pan with fish. Brush fish and figs with remaining sauce and broil 1 minute.

NUTRITION FACTS PER SERVING

Calories 180

% Calories from Fat 1.2%

Total Fat 0.2g

Saturated Fats 0g

Monounsaturated Fats 0g

Polyunsaturated Fats 0.1g

Cholesterol 0mg

Sodium 11mg

Total Carbohydrates 28g

Dietary Fiber 2.5g

Sugar 18g

Protein 1g



Green, Leafy Vegetables

Veggies such as kale, spinach, and Swiss chard may not win taste contests, but they're definitely high on the diabetic food list. They're packed with magnesium, which helps to control blood sugar levels.

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Preparation time: 10 min Cooking time: 5 min Servings: 6



Sesame Kale

INGREDIENTS

- 2 tsp sesame oil
- 2 tsp black pepper, to taste, ground
- 2 cloves garlic, crushed
- 1 tbsp low sodium soy sauce
- ¼ cup low-fat, low-sodium chicken stock
- 2 tsp sesame seeds, toasted
- 1½ lb kale

COOKING DIRECTIONS

Wash the kale, but let the water cling to it. Cut off and discard the tough stems. Slice the leaves once down the middle, then cut them crosswise into 1 inch wide strips.

In a wok, heat the oil. Add the garlic. Sauté for 10 seconds. Add the kale and the stock. Cover and steam for 3 minutes until the kale wilts. Add the soy sauce. Top the kale with sesame seeds and fresh ground pepper. Serve.

NUTRITION FACTS PER SERVING

Calories 57

% Calories from Fat 41.1%

Total Fat 2.6g

Saturated Fats 0.4g

Monounsaturated Fats 0.9g

Polyunsaturated Fats 1.1g

Cholesterol 0.3mg

Sodium 120mg

Total Carbohydrates 6.7g

Dietary Fiber 2.5g

Sugar 0.2g

Protein 3.6g

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Preparation time: 10 min Cooking time: 0 min Servings: 2



Spinach and Fennel Salad

INGREDIENTS

- 1 tsp honey
- 1 fennel bulb
- ¼ lb small spinach leaves
- 2 oz olive oil
- 1¼ oz walnuts, or pecans, chopped
- 1 tsp salt and pepper
- 1 tsp French mustard
- ¼ cup wine vinegar
- 1 clove garlic, crushed

COOKING DIRECTIONS

Remove thick stalks from spinach and tear leaves into salad bowl. Trim leaves from fennel and reserve. Slice fennel bulb and add with nuts to the bowl. Put olive oil and remaining ingredients in a jar with a tight-fitting lid. Shake well to blend.

Just before serving, pour over the dressing and toss well to coat. Garnish with fennel leaves.

NUTRITION FACTS PER SERVING

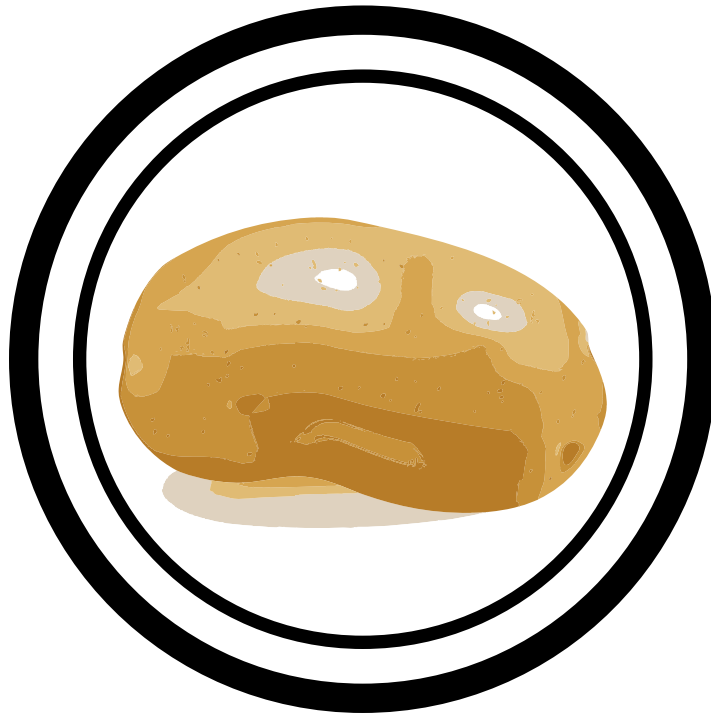
Calories 230
% Calories from Fat 58.7%
Total Fat 15g
Saturated Fats 0.9g
Monounsaturated Fats 3.8g
Polyunsaturated Fats 8.9g
Cholesterol 0mg
Sodium 140mg
Total Carbohydrates 17g
Dietary Fiber 6.8g
Sugar 3.5g
Protein 9.5g

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Potatoes

A potato peel is packed with fiber, so keep the skin on to aid in diabetes management. Research shows that blood sugar levels in rats were significantly reduced when potato peels were added to their diet.

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Preparation time: 5 min Cooking time: 45 min Servings: 4



Grilled Sweet Potatoes

INGREDIENTS

- 1½ tbsp brown sugar
- 2 large sweet potatoes, scrubbed and cut in half lengthwise
- 4 sheets heavy duty aluminum foil
- 1½ tbsp unsalted butter

COOKING DIRECTIONS

Prepare grill. Arrange sweet potato halves cut side up on individual sheets of aluminum foil. Sprinkle with salt and pepper to taste, dot with butter and sprinkle with brown sugar. Wrap tightly. Grill 45 minutes, turning frequently until potatoes are tender.

NUTRITION FACTS PER SERVING

Calories 97

% Calories from Fat 36.2%

Total Fat 3.9g

Saturated Fats 2.4g

Monounsaturated Fats 1g

Polyunsaturated Fats 0.2g

Cholesterol 10mg

Sodium 22mg

Total Carbohydrates 15g

Dietary Fiber 1.9g

Sugar 6.6g

Protein 1.2g

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Preparation time: 10 min Cooking time: 55 min Servings: 4



Sweet Potatoes with Rosemary and Garlic

INGREDIENTS

- 6 cloves garlic, unpeeled and flattened
- 2 tbsp olive oil
- 1 lb sweet potatoes or yams, scrubbed and cut into ½ in thick slices
- ½ tsp rosemary, or 1 tbsp fresh, chopped

COOKING DIRECTIONS

Preheat oven to 400°F. Combine all ingredients and salt and pepper to taste in a large baking dish. Bake 55-60 minutes, or until potatoes are tender and crusty, stirring occasionally. Discard garlic before serving.

NUTRITION FACTS PER SERVING

Calories 170

% Calories from Fat 36.5%

Total Fat 6.9g

Saturated Fats 1g

Monounsaturated Fats 4.9g

Polyunsaturated Fats 0.8g

Cholesterol 0mg

Sodium 42mg

Total Carbohydrates 25g

Dietary Fiber 3.8g

Sugar 7.4g

Protein 2.6g

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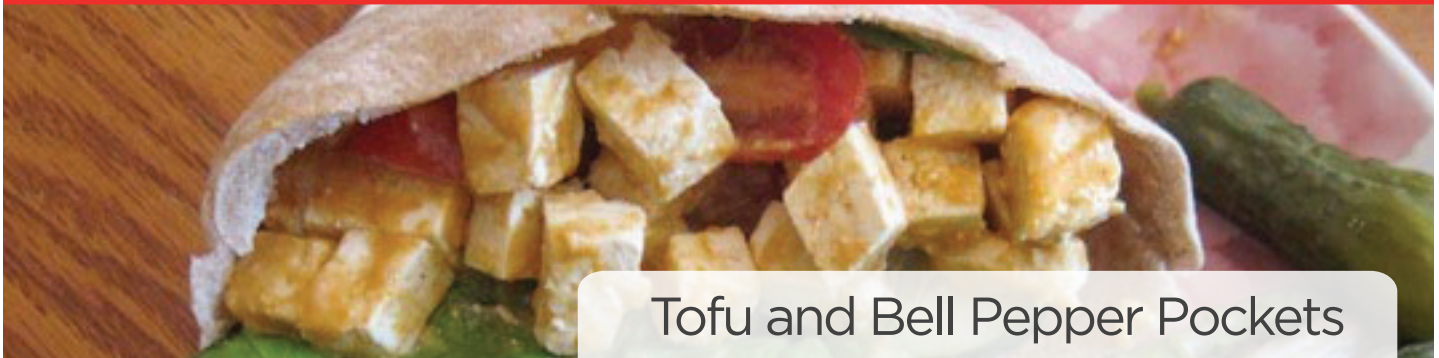


Soy

The Harvard University School of Public Health found that soy protein and soy nuts can improve insulin sensitivity and lower bad cholesterol.

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Preparation time: 10 min Cooking time: 15 min Servings: 4



Tofu and Bell Pepper Pockets

INGREDIENTS

- ½ tsp cumin seed
- 2 red onions, sliced
- ½ tsp thyme, or 2 tsp fresh, chopped
- 4 whole wheat pitas, halved
- 1 lb firm tofu, cut into 1 in strips
- 6 oz black olives, drained and sliced
- 2 red bell peppers, cut into julienne strips
- 1½ tbsp olive oil
- ⅛ tsp salt (optional)

COOKING DIRECTIONS

Heat half the oil in a heavy nonstick skillet over medium heat. Add onion, bell pepper, salt, and pepper to taste. Sauté for 10 minutes, stirring frequently, or until vegetables are very tender. Transfer to a platter and set aside.

Heat remaining oil in same skillet over high heat. Sauté tofu and salt and pepper to taste 2-3 minutes. Stir vegetables, cumin, and thyme into skillet. Mix thoroughly and cook until heated throughout. Remove from heat and stir in black olives. Stuff mixture into pita bread halves and serve.

NUTRITION FACTS PER SERVING

Calories 460

% Calories from Fat 41.1%

Total Fat 21g

Saturated Fats 3g

Monounsaturated Fats 9.1g

Polyunsaturated Fats 7.2g

Cholesterol 0mg

Sodium 810mg

Total Carbohydrates 51g

Dietary Fiber 11g

Sugar 5.3g

Protein 26g

Superfoods for Diabetics

Preparation time: 10 min Cooking time: 10 min Servings: 6



Lemon & Coriander Tofu with Peanut Sauce

INGREDIENTS

- ½ cup peanut butter
- 2 tsp curry paste
- 1¼ lb tofu, cut into ¾ inch cubes
- 1 lemon, rind grated, juiced
- ½ cup coconut milk
- 2⅔ tbsp chili sauce
- 2 tsp brown sugar
- 3 tbsp ginger, grated
- 2⅔ tbsp oil
- 2 shallots, chopped
- ½ cup water
- 1⅓ tbsp lemon juice
- 1 red bell pepper, cut into strips
- 2 cloves garlic, crushed

COOKING DIRECTIONS

Combine peanut butter, coconut milk, chili sauce, brown sugar, oil, and water. Cook over a low heat, stirring until combined; simmer 2-3 minutes. Heat oil in a frying pan over a moderate heat; cook shallots, garlic, ginger, and curry paste for 2-3 minutes, or until fragrant.

Add tofu and fry until golden and slightly crispy. Add bell pepper, lemon rind, and juice. Cook for an additional 1-2 minutes. Serve with peanut sauce.

NUTRITION FACTS PER SERVING

Calories 400
% Calories from Fat 67.5%

Total Fat 30g
Saturated Fats 8.2g
Monounsaturated Fats 12g
Polyunsaturated Fats 8.5g

Cholesterol 0mg

Sodium 130mg

Total Carbohydrates 18g

Dietary Fiber 5g

Sugar 5.1g

Protein 22g