



11 Foods and Drinks to Avoid with Diabetes

Sugar-sweetened drinks

They're high in carbohydrates and loaded with fructose which is linked to insulin-resistance and diabetes.

Trans fats

Unsaturated fats that are chemically altered to increase their stability, these are linked to inflammation, insulin resistance, increased belly fat and heart disease. Avoid them!

White bread, rice and pasta

These foods are high in carbs yet low in fiber. This combo can result in high blood sugar levels.

Fruit-flavored yogurt

These yogurts are usually low in fat but high in sugar. This can lead to high blood sugar and insulin levels. Go for the plain, whole milk yogurts.

Sweetened breakfast cereals

Many of these cereals are high in carbs and low in protein. A high protein, low carb breakfast is the best option for diabetes and appetite control.

Flavored coffees

These are very high in carbs which can raise blood sugar levels and fail to satisfy your hunger.

Honey, agave nectar and maple syrup

These are considered "natural sugars" because they aren't as processed as white table sugar, but they have similar effects on blood sugar, insulin and inflammatory markers.

Dried fruits

When fruits are dried, their sugar concentration increases and they may contain four times as many carbs as fresh fruits do. Avoid them!

Packaged snack foods

Pretzels, crackers and other snacks are often made with refined flour, which can quickly raise your blood sugar levels.

Fruit juice

These juices are similar to sodas and other sugary drinks. Their high fructose can worsen insulin resistance, promote weight gain and increase the risk of heart disease.

French fries

Potatoes are high in carbs. But deep frying them promotes inflammation and increases the risk of disease and cancer.

Knowing which foods to avoid when you have diabetes can seem difficult. But following these guidelines can make it easier. Here's to healthy eating!

Information from:

<https://healthline.com/nutrition/foods-to-avoid-with-diabetes>

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