

Foods that Lower Blood Sugar – 3 very satisfying foods that lower your blood sugar

If you are reading this you had a wakeup call about your blood sugar level. You probably were told that it is inevitable since you have a genetic link to diabetes by way of your father or mother. This is enough to make you happy that you can grab your syringe with insulin.... Here is some news to turn your joy to ecstasy. By simply adding these 3 life saving, satisfying foods to your diet your blood sugar can be back to normal before you can say 'pass the sugar'.

Most grains are good for people with high blood sugar but I love the idea of playing with my food with oats. Go into a whole food market and you will find several bins of different kinds of granola. Read the label on the bins and look for the sugar content. Some will be as low as 3 grams of sugar, but there will be the tempting granola with 20 grams of sugar. Because you have a high blood sugar problem I would guess that you would gravitate towards the 20 gram sugar. Here is where your concern for your adrenals and blood stream should kick in and help you to pick a granola cereal with 10 grams or less of sugar.

Make breakfast the meal with food that lower your blood sugar. Give your blood stream a rest from the white bread, doughnuts, crossiants, hot pockets or what ever sugar laden food you were told to give up. You will find that you will soon change your palate and satisfy your need to be well again with this head start of your day. Here is what you can replace your

do. Add 2 handfuls of granola to ½ cup of plain low fat yogurt and ½ cup milk. Stir and enjoy. A favorite of mine is the coconut, almond granola. This mix is loaded with fiber from the coconut and the oats and fortified with good fat from the almonds – bring on the fiber! Your heart will sing and your blood stream will be relieved enough to release its hold on sugar.

It is hard to believe that a food that begins with the word sweet could bring you some semblance of joy with its health benefits. This food might even help you adjust the intensity of your sweet tooth. Sweet potato can help stabilize your blood sugar by helping your cells to respond to the hormone insulin which facilitates the movement of sugar from your blood stream. The beta-carotene in the sweet potato is responsible for this reversal of insulin resistance. Sweet potatoes also have a significant amount of Vitamin B6 which helps in resisting diabetic heart disease. Of course you know better than to make sweet potato pie! Simply bake your sweet potato in the microwave following the instruction of your model for baking vegetables. Add to salads, make a blended sweet potato soup or dice and stir into cooked brown rice, and bean soups. Your creativity will lead you in the right direction and help you to forget french fries.

During the day snack on nuts. Roast your own nuts. Turn on the oven to 425 degrees. Roast 10 minutes. I don't trust nuts that come in tin containers because I don't know the source of the oils they are prepared in. Diabetics need to be very careful about what fats they put into their bodies. Although I don't

worship at the good fat , bad fat alter, it is more beneficial for you not to eat any rancid or old oil if you are diabetic and want food thea lower your blood sugar.