

*This information and other health topics can be found at....*

# DoctorDoug.com

## **DIET FOR PREDIABETES**

Prediabetes should be looked upon as a warning by the body that something is off balance. It is a sign that the body can no longer process carbohydrates the way it used to and therefore you need to adjust your dietary intake somewhat. If you are overweight the biggest adjustment you will need to make is to lose weight. Whether normal weight or overweight, lessening (not eliminating) carbohydrate intake is key to blood sugar control and the avoidance of diabetes.

Carbohydrates are found in numerous foods. Below is a list of foods that might have the greatest effect on blood sugar. There is no need to eliminate them completely, but be cautious and consider that it is best not to have more than one of these at a meal.

- Fruit Juices
- Cereals (eliminate sweetened cereals)
- Breads
- Bagels
- Tortillas
- Pasta and Rice
- Tropical Fruits such as pineapple, mango, guava, and banana
- Flavored Yogurts
- Snack Chips, Pretzels, and Crackers
- Desserts-cakes, cookies, pies, ice cream with hunks and chunks of various foods in it

Blood sugars are best controlled when carbohydrates are combined with a source of protein such as lean meats, fish, poultry, egg whites and cottage cheese.

Fat intake does not directly affect blood sugars but it does affect weight which can then increase blood sugars. If you need to lose weight watch your intake of the following foods as they are a very concentrated source of calories even if some of them are considered healthful fats:

- Salad Dressings
- Guacamole and Avocado
- Butter and Margarine
- Sauces and Gravies
- Nuts
- Bacon and Sausage
- Oils