Nutrient-Dense Foods for Diabetes

Effective diabetes management starts with a nutrient-rich diet. This guide will help you choose the right foods for promoting healthy glucose levels.

Understanding Nutrient Density

- **What it Means:** Nutrient density refers to the amount of vitamins, minerals, and other beneficial nutrients a food offers compared to its calorie count.
- **Why it Matters:** Since you can only consume a limited amount of food daily, prioritizing nutrient-dense options ensures you get essential nutrients without exceeding your calorie needs.

Supercharge Your Diet with Nutrient Powerhouses

- **Leafy Greens:** Kale, collard greens, watercress, spinach, and Swiss chard are packed with vitamins, minerals, antioxidants, and fiber, making them excellent choices for diabetes management.
- **Berries:** Blueberries, strawberries, acai berries, goji berries, and mulberries are rich sources of antioxidants that may protect against various chronic diseases.
- **Garlic:** This flavorful ingredient boasts a wealth of vitamins, minerals, and sulfur compounds like allicin, which may lower blood pressure and cholesterol.
- **Beans and Peas:** Kidney beans, pinto beans, chickpeas, lima beans, black beans, black-eyed peas, and split peas offer a potent combination of fiber, protein, iron, zinc, and folate, promoting healthy blood sugar levels.
- **Fatty Fish:** Salmon and sardines are exceptional sources of omega-3 fatty acids, which can improve heart health and contribute to diabetes management.
- **Dark Chocolate:** In moderation, dark chocolate with a high cocoa percentage delivers antioxidants and may reduce heart disease risk.

Making Informed Choices

- **Use the ANDI Scoring System:** This system assigns a score (1-1,000) reflecting a food's nutrient density. While not perfect, it can be a helpful tool for identifying nutrient-rich options.

Nutrient-Dense vs. Calorie-Dense Foods

Nutrient-dense foods provide high levels of vitamins, minerals, and other beneficial nutrients with relatively few calories. In contrast, calorie-dense foods are high in calories but lack significant nutritional value. Prioritize nutrient-dense options for optimal diabetes management.

Frequently Asked Questions

- **What are examples of high nutrient foods?** Examples include leafy greens, berries, beans, peas, and fatty fish.

- **What is the most nutrient-dense food?** No single food provides all necessary nutrients. Focus on a variety of nutrient-rich options.

- **What are examples of sugar-free foods for diabetics?** Examples include carbonated water, unsweetened vegetables, and sugar-free hard candy (in moderation). Consult a healthcare professional for personalized guidance.

Examples of Foods and Their ANDI Scores

				Food Item				
Kale	**Collard greens**	**Watercress**	**Swiss chard**	**Arugula**	**Blueberries**	**Kidney beans**	**Salmon**	**Cola**
1,000	1,000	1,000	895	604	132	64	34	1
				ANDI Score				

We're committed to your health. Contact us today for more information.

ADS | US MED

The Advanced Diabetes Supply Group

Advanced Diabetes Supply
Website: www.advanceddiabetessupply.com
Patient Support: 1-866-422-4866
Email: customercare@northcoastmed.com

US MED
Website: www.usmed.com
Patient Support: 1-877-840-8218
Email: customerservice@usmed.com