

Beans



01

Citrus fruit



02

Berries



03

YOUR LIST OF THE TOP 10 DIABETES SUPERFOODS

Sweet potato



10

Dark leafy greens



09

04



Tomatoes

08



Fat-free Milk and Yogurt

07



Nuts

06



Whole grains

05



Fish High in Omega-3 Fatty Acids

As with all foods, you need to work the diabetes superfoods into your individualised meal plan in appropriate portions. Or if you need help with your meal plans, see a dietician.

Source: www.diabetes.org



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Mahkota Diabetes Centre provides comprehensive services tailored towards diabetic care and as an avenue for the consultants to refer their patients for diabetes care counselling and health education. For more information or to make an appointment, contact +606 285 2737.