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Nutrition

10 SUPER FOODS

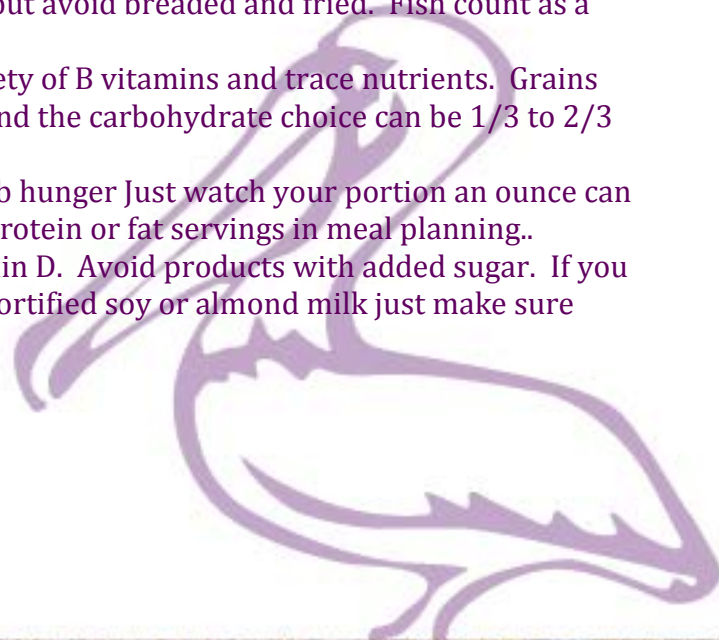
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Everybody loves a good “super foods” list but when you have diabetes it’s often difficult to know if these “super foods” are right for you. The American Diabetes Association promotes 10 “super foods” which are all lower glycemic index and contain the nutrients the American diet often lacks. These “super foods” are great to incorporate into meal planning whether you are cooking for health and wellness, or for blood sugar control.

- 1) Beans are nutrient power house loaded with fiber, potassium and protein. One half cup counts as a carbohydrate choice in diabetes meal planning.
- 2) Dark Green Leafy Vegetables are so low in calories and carbohydrates, we often tell people to eat them freely when carbohydrate counting. (note watch consistency of intake when taking Coumadin).
- 3) Citrus fruit will contribute soluble fiber and vitamin C to your diet. One medium orange will count as a carbohydrate choice. Enjoy the Florida bounty.
- 4) Sweet Potatoes are packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative. One half cup is a carbohydrate choice.
- 5) Berries are packed with antioxidants, vitamins and fiber. One cup is a carbohydrate choice.
- 6) Tomatoes contribute lycopene, vitamin C, iron, and vitamin E to your diet and fresh tomatoes are generally considered an “eat freely” vegetable in diabetes meal planning.
- 7) Fish High in Omega-3 Fatty Acids like Salmon but avoid breaded and fried. Fish count as a protein choice in DM meal planning.
- 8) Whole Grains provide more fiber, a wider variety of B vitamins and trace nutrients. Grains count as carbohydrates in DM meal planning and the carbohydrate choice can be 1/3 to 2/3 cups cooked depending on the grain.
- 9) Nuts contain healthy fats along which help curb hunger Just watch your portion an ounce can contain up to 200 calories and can count as a protein or fat servings in meal planning.
- 10) Fat-free Milk and Yogurt for calcium and vitamin D. Avoid products with added sugar. If you can’t drink milk try calcium enriched vitamin fortified soy or almond milk just make sure excess sugar has not been added.



Call the fitness center today at 239 597 7332 to schedule your appointment.