

### Healing foods for Diabetes

<b>Food</b>	<b>Evidence</b>	<b>Plant sources</b>
<b>Chromium</b>	Chromium works by making the body more sensitive to insulin, which then takes up glucose from your blood.	Dandelion, oats, stevia, lemongrass, peach, juniper and barley
<b>Cinnamon</b>	½ teaspoon of powdered cinnamon a day may decrease blood sugar levels and other risk factors in people with diabetes	Cinnamon
<b>Fiber</b>	Fiber makes your stomach release food more slowly and causes the rest of your digestive tract to release nutrients into your system more gradually.	Beans, fruits, vegetables and whole grain foods
<b>Bay leaf</b>	Increases insulin efficiency.	Bay leaf can be added to soup
<b>Fenugreek</b>	Fenugreek can help your body produce more insulin	Sprouted fenugreek
<b>Green beans</b>	Studies show that green beans can lower blood sugar levels	Green beans
<b>Magnesium</b>	People with diabetes especially those with poor blood sugar control are often low in magnesium	Pine nuts, pumpkin seed and sunflower green sprouts, wheatgrass
<b>Onions and garlic</b>	Onions and garlic have been found to prevent or treat type 2 diabetes	Onions and garlic
<b>Turmeric</b>	Research has show that the active components of turmeric possess anti-diabetic, anti-inflammatory and antioxidant activity	Turmeric
<b>Vinegar</b>	Studies have shown that vinegar lowers blood sugar levels	Apple cider vinegar
<b>Almonds</b>	Eating almonds reduces the blood sugar surge from bread	Almonds
<b>Blueberries</b>	The benefits of their phyto-chemicals outweigh the detriments of their sugar content	Blueberries
<b>Buckwheat</b>	Helps to lower blood sugar levels	Buckwheat
<b>Cloves</b>	They contain eugenol, a substance that can stimulate insulin production	Cloves
<b>Prunes</b>	Prunes reduce the amount of insulin required to manage blood sugar levels	Prunes
<b>Summary</b>	Powdered cinnamon, fiber, fenugreek, magnesium (pine nuts, pumpkin seeds, wheat grass), onions and garlic, turmeric, apple cider vinegar, almonds, Blueberries, cloves and prunes.	