

Top 10 Foods to Help Lower Your Blood Sugar

1. Cinnamon

Cinnamon does not contain many vitamins or minerals, but it is loaded with antioxidants that decrease oxidative stress. This may potentially protect against diabetes. One group of scientists compared the antioxidant content of 26 different herbs and spices and concluded that cinnamon had the second highest amount of antioxidants among them (after cloves).



2. Berries: blueberries, black currant, goji

These little blue delicacies are literally bursting with a number of phytonutrients. These phytonutrients provide both antioxidant and anti-inflammatory benefits, making blueberries a true superstar.

Blueberries have a low glycemic index, which means they're less likely to cause blood sugar spikes compared to other foods. Research indicates that people with Type 2 diabetes who ate 3 servings of blueberries had improvements in their HA1c levels. Blueberries are also high in fiber, which may add to blood sugar control.

3. Chamomile tea

The key factor in chamomile is a particular antioxidant called quercetin, researchers believe. Quercetin can have an impact on specific enzymes that are part of the diabetic response. Chamomile will help to slow down the rate at which your body produces glucose from the sugar and starch you eat, slowing the release of that glucose into your blood and lowering your blood sugar levels. Chamomile tea basically helps to regulate your blood sugar levels - preventing non-diabetic symptoms like fatigue and sugar cravings.

4. Parsley

The nutrients found in parsley include vitamin A, K, C, and E, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, choline, folates, calcium, iron, magnesium, manganese, phosphorous, potassium, zinc, and copper.

Research was conducted at Marmara University in Istanbul, Turkey, where parsley is routinely used to treat diabetes... the results showed evidence that diabetic rats fed parsley actually showed a decrease in their blood sugar levels over a period of a month.



5. Turmeric

Turmeric plays an important role in medical practices, such as Ayurveda and Traditional Chinese Medicine (TCM). The active compound in turmeric is called curcumin, and it has some amazing properties.



A [review](#) in the journal *Evidence-Based Complementary and Alternative Medicine* compiled more than 13 years of research on the connection between diabetes and curcumin. The result suggests curcumin can help people with diabetes in different ways:

- control blood sugar
- help prevent diabetes
- reduce diabetes-related complications
- adjust immune response in type 1 diabetes

NOTE: Since Curcumin is not very bioavailable, taking it as a supplement is only effective if paired with olive oil and black pepper. Otherwise it floats on top of our gastric juices! IT's best to consume in curry and added to foods, or in gel capsules that also contain 'bioprene' black pepper extract.

6. Garlic, onions, leeks, chives (the Allium clan)

Onions and garlic are rich in flavonoids such as quercetin as well as sulfur compounds. The health benefits of onions have been linked to everything from the common cold due to diabetes and osteoporosis. A study conducted in 2010 with Diabetic patients showed that *Allium cepa* in addition to its nutritional values has hypoglycemic effects that could be beneficial in management of type 1 and type 2 diabetic patients of all age groups, especially the level of its safety as reflected by its worldwide use as vegetable.”

Studies in 2006 and 2014 found that raw garlic might help reduce blood sugar levels, as well as reduce the risk of atherosclerosis.

NOTE: It's recommended that you let chopped garlic sit for at least 5 minutes to allow allicin, one of the herb's main components, to be at its highest concentration. This may enhance the herb's potential health benefits.

7. Olive oil

As we all know, olive oil is a staple of the highly recommended Mediterranean diet. 1 Tablespoon of olive oil contains 14 grams of total fat, 2 grams of saturated fats, no fiber, no sugar, no cholesterol and no fiber. It is a good source of Vitamins E and K. Olive oil is also rich in antioxidants.



Antioxidants can help diminish the damage that is due to the oxidative stress caused by high levels of sugar in the blood—and in that way, reduce the risk of the complications of diabetes, including diabetic neuropathy, retinal neuropathy, high blood pressure and heart disease.

8. Flaxseed meal (freshly ground)

Flaxseed oil offers a wide range of health benefits. There are some studies showing that flaxseed oil can reduce total cholesterol and LDL (low density lipoprotein also known as bad *cholesterol*). The alpha-linolenic acid (ALA) found in flaxseed inhibited tumor growth and incidence in animal studies.

World Health Organization researchers published an open-label [study](#) on the effect of flax seed powder supplementation in the management of diabetes.

Diabetic subjects took a tablespoon of *freshly ground flax seeds* every day for a month, and, compared to the control group, experienced a significant drop in fasting blood sugars, triglycerides, and cholesterol, as well as the most important thing, a drop in A1C level.

9. Lemon

A key ingredient found in lemon peels is polyphenols, which plays a major role in minimizing insulin resistance. While lemon zest may contain key ingredients in helping one manage their blood glucose levels, the magic lies in the peel. Similar claims have also been made for orange peels. The key ingredients, flavanones, are found in all citrus



peels.

Compounds such as salvestrol Q40 and limonene found in lemon peels contain anti-carcinogenic properties. While there are many benefits of lemon peel for diabetes, improper usage can also result in side effects. Caution: Lemons can cause heartburn and tooth erosions due to their acidity. So best to sprinkle lemon zest on food or add to tea to help control carbohydrate intake and lower cholesterol.

10. Oat bran

Oat bran comes from the outer portion of an oat grain, so technically it's not a whole grain; however, nutritionally speaking, it's on par with whole grains. Oat bran is an excellent source of fiber, and according to nutrition expert and registered dietitian Leslie Beck, roughly half of the 14.5 grams contained in 1 cup of raw oat bran is soluble fiber, the kind especially adept at lowering LDL, or "bad" cholesterol. Also, soluble fiber is indigestible, so it does not raise blood sugar levels. Oat bran contains 50 percent more fiber and protein than oatmeal.

Research published in a 2011 issue of "European Journal of Clinical Nutrition" concluded that in addition to oat bran's influence on lowering LDL cholesterol, it also lowered total cholesterol, helped control bleeding and affected energy balance.

NOTE: Use it instead of bread crumbs in meatloaves or meat balls. Replace the flour in pancakes or waffles with oat bran, add a spoonful to smoothies or sprinkle some on top of a yogurt parfait.