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TUESDAY, JULY 29, 2008

**10 Foods to Lower Blood Sugar**



This is a short list of foods that lower blood sugar. Since controlling blood sugar is one of the most important things you can do to remain healthy and live a long life, you need to learn how to lower a high blood sugar level, and what kind of foods and diet can help you do that.

**Nuts** - Although these tend to be high in fat, it is the good kind of fats, which can actually lower insulin resistance, which means your cells will be more sensitive to the insulin your body produces which will more effectively lower your blood sugar.

Also, nuts because of their fat content help in controlling blood sugar by preventing you from becoming hungry between meals, and thus you avoid the sugary snacks that tend to raise your blood sugar.

Examples of healthy nuts are:

- Peanuts
- Walnuts
- Almonds
- Cashews
- Pecans
- Brazil Nuts
- Macadamia Nuts

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This of course is dependant on whether you have food sensitivities or allergies to certain nuts. If so, do not eat them. However if you do not have any allergies to nuts, make them a regular part of your daily diet.

**Avocado** - This is actually a fruit and contains the healthy fats that raise your insulin sensitivity and is thus another of the foods that lower blood sugar. It can be used in dips, sauces, and spreads, or as a garnish. Avocados contain fiber to help slow down blood sugar increases when added to a meal. It's a convenient, tasty, and healthy food that will help in lowering a high blood sugar level.

**Sweet Potatoes** - These are much lower on the glycemic index than regular potatoes due to their higher fiber content. They contain carotenoids, which are powerful antioxidants and are thought to have a positive affect on insulin, and chlorogenic acid, which combats insulin resistance. Don't negate their value by using sugary sauces or toppings on them.

**Cinnamon** - this is a commonly used spice that contains natural compounds that mimic the effect of insulin, as well as reducing LDL cholesterol in people with diabetes. It is high in fiber and also a rich source of magnesium, which also helps in controlling blood sugar.

**Onions** - The high sulfur and flavonoid content of onions which when consumed at a level of 2 ounces per day by diabetics caused a significant reduction in blood sugar. Onions also raise HDL and are thought to help prevent cancer as well due to their high antioxidant levels.

**Garlic** - This beneficial herb is another of the foods that lower blood sugar. Garlic can raise insulin production and increase insulin sensitivity. Raw garlic has potent antioxidant properties and promotes a healthy cholesterol profile as well as protecting against certain types of cancer.

**Flaxseed** - ground flaxseeds are rich in lignans and magnesium, which helps lower blood sugar. It is also a potent source of omega-three fatty acids, which also help in controlling blood sugar. An added bonus is that flaxseed can also block some of the negative effects of natural estrogen and help prevent estrogen related cancers.

**Barley** - is a fiber packed and healthier alternative to rice for people trying to reduce a high blood sugar level. Barley has the same cholesterol lowering fiber found in oats and helps to significantly reduce the glycemic index of a meal it is added to. It will also tend to make you feel fuller while eating less calories.

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**Cherries** - are a great choice among foods that lower blood sugar as they contain red-pigmented antioxidants, which can help raise your body's insulin output. Cherries are high in soluble fiber and low in calories, and their antioxidant levels help protect against cancer and heart disease as well as diabetes.

**Lemons** - round out our ten best foods for controlling blood sugar. They are rich in vitamin-c, contain potent health promoting compounds like rutin and limonene, and their acidity can lower the glycemic index of a meal considerably. They have cholesterol lowering and anti cancer properties as well.

One thing you may have noticed about these foods that lower blood sugar is that they also provide a lot of additional health benefits as well such as protecting against cancer and heart disease. One of the reasons is that reducing a high blood sugar level also reduces insulin levels, which correlate with a longer and healthier life.

In addition, the alkalizing effects of many of these foods also promote an environment in your body's cells, which is unfavorable to the development of cancers. Fresh, whole, raw, natural foods are nature's apothecary, and controlling blood sugar is but one of the many benefits these foods provide.

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Visit his new Wellness and Antiaging Website at: <http://www.age-better.com>

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