

# 107 Foods to Reverse Prediabetes

Hey there,

I'm so pumped you grabbed this list of The Top 107 Foods to Reverse Prediabetes.

When you're told you have prediabetes, it can come as a real shock.

You don't know what to eat and the amount of information out there is overwhelming.

And that's why I put together this list.

If you focus on these foods, I can promise you this: you'll see major improvements in your energy, blood sugars and weight.

Save a copy of this list to your desktop or print off a copy and keep it on your fridge for those moments you need it.

Hugs and high fives,

April Saunders, The Love Carbs Coach

### Grains and Starches - the Whole and Healthy Carbs

Get in some whole and healthy grains and starches at every meal for a good dose of fibre, vitamins, minerals

- Barley
- Basmati rice
- Black beans
- Black eyed beans
- Bran Buds
- Brown Rice
- Chickpeas
- Edamame
- Hummus
- Kidney beans
- Lentils
- Popcorn
- Quinoa
- Rolled oats
- Ryvita crackers
- Shredded wheat cereal
- Sweet potatoes
- Triscuits
- Wasa crackers
- White beans
- Whole grain bread
- Whole grain English muffins
- Whole grain pasta
- Whole grain wraps



### Whole Fruits

Don't shy away from whole fruits. These guys are nutritional powerhouses with antioxidants, vitamins and nutritional properties we don't even fully know about yet!



## Vegetables

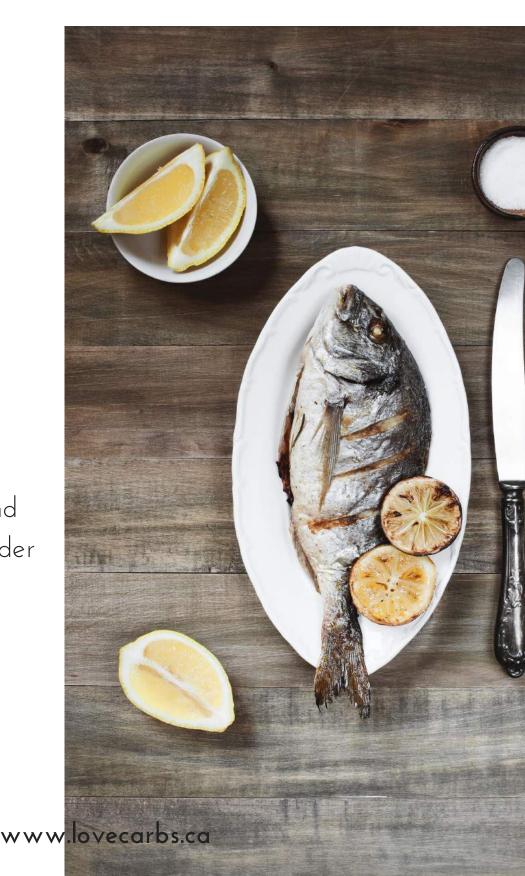
Ok so you could probably list all veggies here but I've complied this list of my faves for prediabetes reversal



#### Protein

If you're serious about reversing prediabetes, go for fish, chicken and plant-based protein whenever possible.

- Bison
- Chicken breast
- Chicken thighs
- Eggs
- Haddock
- Mussels
- Natural nut butters
- Salmon
- Sardines
- Shrimp
- · Soy ground round
- Soy protein powder
- Tofu
- Tuna
- Turkey meat



## Healthy Fats

Gotta get some GOOD fat into you. Lower your overall fat intake and when you do have fat, go for heart healthy kinds like these:

- Almonds
- Avocados
- Brazil Nuts
- Canola Oil
- Cashews
- Flaxseed
- Olives
- · Olive Oil
- Peanuts
- Pistachios
- Walnuts



## Milk, Cheeses and Yogurts

Choose the best dairy options for maximum protein and super health beneficial bacteria that create a healthy digestive track - super important in prediabetes reversal

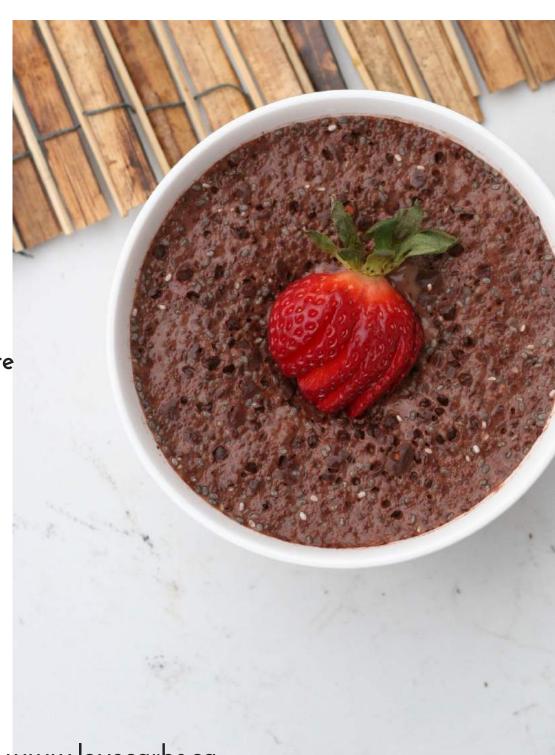
- Cottage cheese,2%
- Milk 1 or 2%
- Feta cheese
- Goat cheese
- Greek yogurt
- Kefir
- Yogurt, 2%
- Unsweetened almond milk
- Unsweetened soy milk



## Herbs, Spices and yes, Chocolate!

Get every advantage possible by including herbs, spices, coffee, tea and yes, chocolate(!) in your diet.

- Basil
- · Chia seeds
- Cilantro
- Cinnamon
- Coffee
- Coriander
- Cumin
- Curry
- Dark chocolate
- Fenugreek
- Garlic
- Ginger
- Oregano
- Parsley
- Tea
- Turmeric



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