



107 Foods to
**REVERSE
PREDIABETES**

LOVECARBS.CA

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!

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- Apples
 - Bananas
 - Blueberries
 - Dates
 - Grapefruit
 - Mango
 - Oranges
 - Peaches
 - Pears
 - Plums
 - Raspberries
 - Strawberries
 - Tangerines
 - Watermelon

Vegetables

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

- Bean Sprouts
- Broccoli
- Cabbage
- Cauliflower
- Canned tomatoes
- Carrots
- Celery
- Cucumber
- Eggplant
- Green beans
- Kale
- Mushrooms
- Onions
- Rapini
- Red and yellow peppers
- Romaine
- Snap peas
- Spaghetti squash
- Spinach
- Tomatoes
- Turnip
- Zucchini



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

