

# The Six Worst Foods

## For Diabetes



- 1. Added sugars** — the sugars added to sweetened beverages and processed foods enter the bloodstream rapidly, causing dangerous spikes in blood glucose
- 2. Refined grains (white rice and white flour products)** — refined carbohydrates like white rice, white pasta, and white bread are missing the fiber from the original grain, so they raise blood glucose higher and faster than their intact, unprocessed counterparts
- 3. Fried foods** — potato chips, French fries, donuts and other fried starches start with a high-glycemic food, and then pile on a huge number of low-nutrient calories in the form of oil
- 4. Trans fats (margarine, shortening, fast food, processed baked goods)** — those with diabetes have an elevated risk of heart disease, and consuming trans fats increases that risk even further
- 5. Red and processed meats** — although these foods are low-glycemic, they are disease-promoting. High red and processed meat intake is linked to increased risk of diabetes
- 6. Whole Eggs** — eating 5 eggs/week or more has been associated with an increased risk of developing type 2 diabetes

