



Diabetes Vegetable and Fruit Guide

Vegetables and fruits

JANUARY 1, 2024

DIABESITY NUTRITION CENTRE
nutrition@diabesitync.com +254721939067

Diabetesity Vegetable and Fruit Guide

Here are some playful and inspiring quotes that creatively link the benefits of fruits and vegetables, encouraging a healthy balance of both in the diet:

1. "Eat your fruits and vegetables to keep your body strong and lean, not just because you want to fit into jeans." — Unknown
2. "An apple a day might keep the doctor away, but don't forget your greens if you want to be seen as a health machine!" — Unknown
3. "Fruits for sweetness, vegetables for strength—combine the two for a healthy length!" — Unknown
4. "Fruit in the morning, veggies at night, keep your health in sight!" — Unknown
5. "From berry to broccoli, eat the rainbow every day; your body will thank you in every way." — Unknown
6. "Fruits whisper 'sweet,' vegetables shout 'strong,' together they sing the healthiest song!" — Unknown
7. "Why choose between fruits and vegetables? Have a peach with your spinach and reach your peak!" — Unknown
8. "Let fruits add sweetness to your life, and vegetables add life to your years." — Unknown
9. "Balance is the key, fruit for thought, veggies for victory!" — Unknown
10. "Fruits are nature's candy, vegetables are its gold—packed with nutrients bold and old." — Unknown

Diabetes Vegetable Guide

Eating a wide variety of vegetables is essential for a balanced diet, providing essential nutrients, fibre, and a host of health benefits. Here's how to incorporate vegetables into your diet effectively, considering their carbohydrate content and nutritional value:

1. **Diversify Your Palette:** Aim to include a variety of colours in your vegetable intake. Each colour represents different nutrients and health benefits:
 - **Green vegetables** (spinach, broccoli, kale) are high in vitamins A, C, and K.
 - **Red vegetables** (tomatoes, red peppers) are rich in lycopene and vitamins A and C.
 - **Orange and yellow vegetables** (carrots, squash) provide beta-carotene and vitamins A and C.
 - **Purple vegetables** (eggplants, purple cabbage) are known for their antioxidants.
2. **Choose Low-Carbohydrate Options:** For those managing carbohydrate intake, focus on non-starchy vegetables, which are lower in carbohydrates. These include leafy greens, cucumbers, bell peppers, and zucchini. Limit higher-carbohydrate vegetables, such as potatoes, corn, and peas.
3. **Incorporate Raw and Cooked Vegetables:** Eating both raw and cooked vegetables can maximize nutrient intake. Cooking can enhance the availability of some nutrients while reducing others, so a mix provides the best of both worlds.

4. **Moderation and Portion Control:** While vegetables are generally low in calories, portion control is still important, especially for starchy vegetables. Use a measuring cup or visual cues to keep servings reasonable.
5. **Incorporate Throughout the Day:** Spread your vegetable intake. Include vegetables in all meals and even snacks to increase fibre, which helps manage blood sugar and keeps you full longer.
6. **Use as a Base in Meals:** Make vegetables the star of your dishes. Start with vegetables as the base for stir-fries, soups, and salads, then add proteins and other ingredients.
7. **Seasonal and Local Choices:** Opt for seasonal and locally sourced vegetables when possible. These are usually fresher, tastier, and more nutritious than out-of-season imports.
8. **Experiment with Cooking Methods:** Different cooking methods can make the same vegetable taste different. Try steaming, grilling, roasting, and sautéing vegetables with herbs and spices to enhance flavour without adding excess calories.
9. **Mind the Glycaemic Index:** If managing diabetes or blood sugar levels, consider the glycaemic index (GI) of vegetables. Most non-starchy vegetables have a low GI, but some like potatoes and carrots have higher GIs and should be eaten in moderation.

By following these guidelines, you can enjoy the health benefits of vegetables while managing your carbohydrate intake effectively.

Vegetable consideration, especially for persons living with diabetes

When planning meals, especially for those managing diabetes, it's crucial to focus on portion sizes and the types of vegetables you include. Here are some tips to consider:

1. **Half-Plate Rule:** Aim to fill at least half of your plate with non-starchy vegetables. These are low in carbohydrates and calories but high in fibre and nutrients, which can help manage blood sugar levels effectively.
2. **Starchy Vegetables:** While vegetables like potatoes, corn, and peas are nutritious, they are high in starch, resembling the carbohydrate content of grains more than vegetables. As such, they should be portioned carefully. Treat them like a carbohydrate portion in your meals rather than as a vegetable. Limiting the portion size to about a quarter of your plate can help maintain balanced blood sugar levels.
3. **Consider Glycaemic Impact:** Be mindful of the glycaemic index and glycaemic load of vegetables. Non-starchy vegetables typically have a low glycaemic index, making them excellent choices for diabetes management. In contrast, starchy vegetables tend to have a higher glycaemic index and can raise blood sugar levels more quickly.
4. **Balanced Plate Composition:** In addition to vegetables, ensure your meals include a good balance of protein and healthy fats. This combination helps in further stabilizing blood sugar levels and provides satiety, reducing the likelihood of overeating.

5. **Education and Awareness:** Stay informed about the carbohydrate content of all foods, including vegetables.

Understanding which vegetables are starchy and which are non-starchy can help in making better dietary choices.

Adhering to these guidelines allows individuals with diabetes to enjoy a variety of vegetables while effectively managing their carbohydrate intake and supporting overall health.

Vegetable quotes

1. 2. "Vegetables are food of the earth, but fruits taste of the heavens." — Terri Guillemets
2. "You are what you eat, so it's not a shock if you feel like a nut." — Unknown
3. "Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." — Doug Larson
4. "To eat is a necessity, but to eat intelligently is an art." — François de La Rochefoucauld
5. "If you're not eating veggies, you're not doing life right." — Unknown
6. "If we're not willing to settle for junk living, we certainly shouldn't settle for junk food." — Sally Edwards
7. "Let food be thy medicine and medicine be thy food." — Hippocrates

Artichoke



Asparagus



Aubergene (eggplant)



Avocado



Beet



Bok Choy



Broccoli



Broccolini



Broccoli Raab



Brussels Sprouts



Chinese Cabbage



Green Cabbage



Purple Cabbage



Savoy Cabbage



Carrots



Cauliflower 	Celeriac 	Celery 	Chard (Red and Swiss) 	Chicory 
Corn 	Cress 	Cucumbers 	Daikon 	Garlic 
Green Beans 	Greens 	Collard Greens 	Mustard Greens 	Gourds 

Jicama 	Kale 	Kohlrabi 	Leeks 	Arugula Lettuce 
Butter Lettuce 	Endive Lettuce 	Green and Red Leaf Lettuce 	Romaine Lettuce 	Lima Beans 
Mushrooms 	Okra 	Onions 	Green Onions 	Parsnips 

Peas 	Snap Sugar Peas 	Snow Peas 	Anaheim Peppers 	Sweet peppers 
Potatoes 	Pumpkin 	Radicchio 	Radish 	Rhubarb 
Romanesco (cauliflower) 	Rutabaga 	Shallots 	Spinach 	Squash 

Acorn Squash 	Butternut Squash 	Patti Pan Squash 	Spaghetti Squash 	Swede 
Sweet Potato 	Tomatillo 	Tomatoes 	Turnips 	Water Chestnuts 
Yam 	Zucchini 			

Diabetesity Fruit Guide

1. "Fruit is nature's candy; eat plenty and feel dandy." — Unknown
2. "The sweetest delights come from the fruits we bite." — Unknown
3. "A fruit a day keeps the cravings at bay." — Unknown
4. "Let us thank nature for giving us the fruit; it's the candy that fights the suit (of illness)." — Unknown
5. "Every fruit has a story, enjoy its sun-kissed glory!" — Unknown
6. "Make living healthy a habit, enjoy the magic of the fruit basket." — Unknown
7. "Orchard fresh, garden sweet fruits are nature's elite treat." — Unknown
8. "When life gives you lemons, don't just make lemonade; savour the zest of every possibility!" — Unknown
9. "Fruit in hand, health on stand." — Unknown
10. "From apples to oranges, every fruit is a packet of joy, not just a healthy ploy." — Unknown

Eating fruit as part of a balanced diet is essential for good health, providing a rich source of vitamins, minerals, fibre, and antioxidants. Here's a general guide on how to incorporate fruit into your diet effectively:



1. **Variety is Key:** Embrace the adventure of consuming a wide variety of fruits to maximize the range of nutrients you receive. Different colours typically represent different nutrients and antioxidants, so including a rainbow of fruits (red apples, orange oranges, yellow bananas, green kiwis, blueberries, indigo grapes, and violet plums) ensures a broad spectrum of health benefits and adds a burst of excitement to your diet.
2. **Whole Fruits Over Juice:** Empower yourself by choosing whole fruits instead of fruit juices. Whole fruits contain more fibre, which helps slow the absorption of sugar, thereby stabilizing blood sugar levels. On the other hand, juices can contain added sugars and lack fibre, so you're in control of what you're putting into your body.
3. **Watch Portion Sizes:** While fruit is healthy, it also contains natural sugars, so it's important to moderate your intake if you are watching your carbohydrate consumption, especially for those managing diabetes. A typical serving should be about the size of your fist.
4. **Incorporate Throughout the Day:** Spread your fruit intake to avoid a significant spike in blood sugar. Adding fruit to meals or as part of snacks is a great way to ensure steady energy levels.
5. **Focus on Seasonal and Local Options:** Seasonal fruits are often fresher and provide more nutrients. They are also generally more environmentally friendly and cost-effective. Local fruits are likely fresher than imported options, and they might lose some nutrients during transport.

6. **Incorporate in Meals and Snacks:** Add fruits to your yogurt, cereal, salads, or use them as a natural sweetener in dishes. This not only enhances the flavour but also increases your fruit intake, leaving you feeling content and fulfilled with your healthy choices.
7. **Fruit intake for persons with diabetes:** If you manage blood sugar levels, focus on fruits with a lower GI. Berries, cherries, apples, and pears have a lower glycaemic impact than tropical fruits like pineapples and mangoes. When considering the carbohydrate content in fruit, it's important to choose whole fruits over juices for better fibre intake and to moderate blood sugar levels. Opt for fruits with lower glycaemic indexes, like berries, apples, and pears, and be mindful of portion sizes to manage carbohydrate intake effectively. That's a great approach! Integrating fruits into meals can help balance the overall intake of carbohydrates and improve blood sugar control. Here's how you could enhance and clarify your statement for better guidance:

"When considering the carbohydrate content in fruit, opting for whole fruits rather than juices is beneficial. This choice increases fibre intake, which helps moderate blood sugar levels. Focus on fruits with lower glycaemic indexes, such as berries, apples, and pears, and be mindful of portion sizes to manage carbohydrate intake more effectively. Instead of consuming fruit as a standalone snack, incorporate it into your meals. This practice helps balance the carbohydrate portions from other foods, aiding in overall blood sugar management."

Apples 	Apricot 	Banana 	Blackberry 	Blueberry 
Boysenberry 	Canary Melon 	Cantaloupe 	Casaba Melon 	Cherimoya 
Cherry 	Christmas Melon 	Clementine 	Cranberry 	Crenshaw Melon 

Currants 	Dates (tree dried only) 	Dragon Fruit 	Durian (purchase cut) 	Figs 
Gooseberry 	Grapes 	Grapefruit 	Guava 	Honeydew Melon 
Horned Melon 	Jack Fruit 	Jujube 	Kiwi 	Kumquat 

Lemon 	Lime 	Loganberry 	Longan 	Loquat 
Lychee 	Mandarin 	Mango 	Mangosteen 	Mamoncillo 
Minneola 	Musk Melon 	Nance 	Nectarine 	Orange 

Blood Orange 	Papaya 	Passion Fruit 	Peach 	Pear 
Persimmon 	Pineapple 	Plum 	Pomegranate 	Prickly (cactus) Pear 
Pommelo 	Pulasan 	Rambutan 	Raspberries 	Satsuma 

Soursop 	Star Fruit (Carambola) 	Strawberry 	Tamarillo 	Tangelo 
Tangerine 	Ugli fruit 	Watermelon 		

References

USDA Food Central. (<https://fdc.nal.usda.gov/>)

Food and Agriculture organisation (<https://www.fao.org/home/en/>)