

# 5 Great Foods for Diabetes

It can be hard to eat healthy – with or without diabetes! Read our tips to learn about five smart food choices to keep your diabetes in check.



**Legumes:** low-fat, full of protein, and high in fiber!



**Fresh fruit and vegetables:** look for produce rich in inflammation-reducing antioxidants.



**Fish:** with heart-healthy omega-3 fatty acids that can help protect your heart!



**Nuts:** this satisfying snack will help fill you up on fiber and keep you satisfied.



**Low-fat dairy:** a great choice for lean protein, and may help to prevent the onset of type 2 diabetes!

Challenge yourself to stay healthy this month by tracking your green days using the Sharecare app. To get started, visit [mycare.sharecare.com](https://mycare.sharecare.com) for more details.

