

10 Super Vegetable Food for Diabetes Medications

Diabetes is one of the most dangerous diseases which can happen to any person. It kills your body, mind, soul slowly and can ruin your whole life but the patient of diabetes can control this disease by using these home remedies. Doing regular exercise and taking proper strict diet can kill or can control this problem forever and you can live same again healthy and stress free life. Diabetes happens because of imbalance of insulin in the body which causes high blood sugar level, weight lose, urine problem, weakens the immune system, eye weakness, feeling hungry all the time, feet asleep and lot more problems starts from diabetes. If patient take proper care of his diet and do exercise regularly can handle this problem. This post will help you to know how to prevent diabetes.

Today I am going to tell you about those 10 super vegetables which can cure you from this disease and helps in diabetes treatment, so here are the vegetables list for diabetes medications.

1. **Beet-** Beet is a good source of potassium and Vitamin C. Eating beetroot or making juice or soup can saves you from fatigue, laziness and gives power and strengthen your body again. Try to drink 1 bowl (250 gram of soup/juice) or 1 piece (50 gram) per day is enough.
2. **Bitter Gourd-** Bitter Gourd maybe not good in taste but your medicine is also not good in taste, but it's still better to add Bitter Gourd in your lunch (*you can search recipes of Bitter Gourd on net*). It controls blood sugar level that's why patient had to add bitter gourd in diet. You can find juices, powder and other stuff made from bitter gourd, just do the proper research of the product and add in your diet especially in lunch. You can consult your doctor about how much qty. to take per day.
3. **Sweet Potato-** Sweet Potato is a good source of anti oxidant which controls blood glucose level. You can roast it in oven or can eat as a boiled one. It is also very good in taste. You can slight black salt and lemon for taste.

4. **Spinach-** Spinach is a good source of magnesium. Pholet and potassium which helps in controlling diabetes. You can make soup or can have juice of spinach with addition of 1 spoon honey and lemon juice and some ice.
5. **Lady Finger-** Lady Finger is very helpful for diabetes patients; you can make veggie of it have it in your breakfast, lunch or in dinner too. It controls and reduces the sugar level in the body.
6. **Cabbage-** Cabbage helps to control the insulin of the diabetic patient. It also helps in reducing weight. You can make veggie of this or can use in salad in lunch too with lemon and black salt for taste. What I am doing cabbage with is to cut and dip in lemon juice and black salt for few hours than use in salad.
7. **Brinjal-** Adding Brinjal in diabetic patient's diet is good because it stops increasing blood sugar level. Brinjal also control the production of insulin in the body of the patient.
8. **Gourd-** Lots of research says drinking gourd juice early in the morning empty stomach can control the infection which happens in the patient's body due to diabetes. It also helps in reducing weight.
9. **Onion-** Onion had acids which can control the insulin level in the body and also controls the blood sugar level. Take onion in lunch as a salad. (never drink milk or juice with onion). { ***one off-topic suggestion-*** *If there are so many flies or mosquitoes in your home just cut onion and put a piece on tube light and within few minutes all the flies or mosquito gone*}.
10. **Cauliflower-** Cauliflower is a good source of fiber which removes toxic poison from the body that's why this vegetable is good for diabetic patient.

So friends, these were the 10 super vegetables which control the blood sugar level in the body of the patients who is suffering from diabetes. Sharing this post can help the people those are suffering from this problem.

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