



The Daily Meal
All Things Food & Drink

What Diabetics Should Eat for Dinner

January 29, 2014 | By Lauren Gordon

These 8 foods will help you stay healthy and social if you're living with diabetes



Stick to these foods for a balanced and healthy life!

Living with diabetes can be a challenge, especially when it comes to choosing the right foods. Whether you are out with friends or snuggling up for a date night on the couch, you are always worried about what to eat and if it fits into your strict plan.

[Click here to see the What Diabetics Should Eat for Dinner \(Slideshow\)](#)

“Dinner food choices affect morning blood sugars,” says Laura Cipullo, who is both a Registered Dietitian and a Certified Diabetes Educator. “Many individuals notice a high morning blood glucose after a night of high on grams of carbohydrate. Think [pasta](#) and dessert at the same meal.”

According to the [American Diabetes Association](#), just because you are diabetic doesn't mean you have to eat “special diabetic foods.” In fact, diabetic and “dietetic” foods are often over-priced and relatively offer no special benefit. Those living with diabetes can even indulge in starches and sweets, the key is to know your limits.

“You don't need to avoid anything rather you need to eat small portions of your favorite carbs throughout the day,” confirms Cipullo. “Mixing meals with wholesome carbohydrates like quinoa and even lentils with lean proteins and healthy fats is the way to go.”

But to make sure you are living your best dietary life, there are definitely some foods that should be making a regular appearance during meal time. Certain foods, like chicken and tomatoes, can help you slowly break down food without affecting your blood sugar. Of course, you should always take precautions when it comes to your own personal sugar levels.

“Always be sure to test your blood sugar at fasting pre-meal and then two hours after to see how your body tolerated a food,” advises Cipullo. “Take into consideration hydration and exercise.”