



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Diabetes Supportive Foods and Nutrients

| Fruits | Vegetables | | Legumes, Nuts, Grains, Seeds & Oils | | Herbs | Vitamins | Minerals | Amino Acids | Phyto-Nutrients (& miscellaneous) |
|--------------|---|-------------------------|-------------------------------------|-------------------|---------------------|--------------|-----------|---------------|-----------------------------------|
| Apples | Artichokes | Jerusalem Artichoke | (LEGUMES) | (SEEDS) | Aloe Vera | Multivitamin | Chromium | acetyl-L- | Alpha |
| Avocado | Asparagus | Leeks | Chickpeas | Chia Seeds | Astragalus | Vitamin A | Magnesium | carnitine | Mangostin |
| Bitter Melon | Bean Sprouts | Mushrooms | Green Peas | Flax Seeds | Banaba Leaves | Vitamin B | Manganese | L-glutamine | Gamma |
| Blackberries | Beets | Okra | Lima Beans | Hemp Seeds | Bitter Melon | Complex | Selenium | L- methionine | Mangostin |
| Blueberries | Broccoli | Olives | Lentils | Quinoa | Chamomile | Vitamin C | Vanadium | L- taurine | Carotenoids |
| Cherries | Brussel Sprouts | Onions | (NUTS) | Sesame Seeds | Cinnamon | Vitamin D3 | Zinc | | Lycopene |
| Coconut | Cabbage | Radishes | Almonds | (OILS) | Dill | | | | Resveratrol |
| Grapefruit* | Carrots | Rhubarb | Cashews | Almond Oil | Fennel | | | | (Miscellaneous) |
| Papaya | Cauliflower | Squash | Walnuts | Avocado Oil | Fenugreek | | | | Alpha lipoic acid |
| Peaches | Celery | Summer Squash, Yellow | (GRAINS) | Coconut Oil | Ginseng | | | | Omega -3 fatty acids |
| Pears | Cucumbers | Sweet Potatoes | Brown Rice | Flaxseed Oil | Guggul | | | | Quercetin |
| Plums | Eggplant | Tomatoes | Millet | Hemp Seed Oil | Gymnea | | | | Coenzyme Q10 |
| | Garlic | Turnips | Oatmeal | Macadamia Nut Oil | Sylvestre | | | | |
| | Green Beans | Water Chestnuts | Oat Bran | Olive Oil | Jerusalem Artichoke | | | | |
| | Green Leafy Vegetables <i>such as</i> Beet Greens, Bok Choy, Kale, Swiss Chard, Collard Greens, Mustard Greens, Spinach | Yams (Acorn, Butternut) | | Sesame Seed Oil | Pau D'Arco | | | | |
| | | | | | Stinging Nettles | | | | |
| | | | | | Turmeric | | | | |

** if you take prescription or over the counter pharmaceutical medications, check with you pharmacist about combining those meds with grapefruit or grapefruit juice*