

# Best Diet to Avoid Getting Diabetes

## Overview

Type 2 diabetes is caused by your body not responding well to insulin, which is a hormone that helps the body pull glucose out of the blood. Type 2 diabetes typically occurs later in life and you can lower your risk of developing this condition by following a healthy [diet](#).

## Whole Grains

Whole grains play an important role in a diabetes prevention diet, the Mayo Clinic explains. Whole grains appear to reduce your risk of developing diabetes, though it is not exactly clear how they are able to accomplish this. Consuming whole grain bread, pasta made with whole wheat and brown rice can help you add whole grains to your diet. When selecting foods, look for the words "whole grain" or "whole wheat" on the packaging or as one of the first few ingredients in the food, the Mayo Clinic recommends.

## Low on Calories

A good diet for preventing diabetes will also be low in calories, the National Institute of Diabetes and Digestive and Kidney Disorders explains. One of the major risk factors for developing diabetes is being overweight. If you are overweight and lose some of your excess pounds, you can greatly reduce your risk of developing diabetes. By eating a diet low in calories and increasing your daily physical activity, you can lose weight and help prevent diabetes.

## Fiber

[Fiber](#) can also help you lower your risk of developing type 2 diabetes. A diet that is high in fiber can help prevent diabetes in a number of ways. First of all, fiber can help keep your blood glucose levels lower by slowing the rate at which carbohydrates are absorbed by the body, which prevents sudden spikes in blood glucose levels. Fiber can also help you eat less because it can help you feel full longer, the Mayo Clinic explains. As a result, a good diet for preventing diabetes will have lots of fruits, vegetables, lentils, seeds, nuts and whole grains.

## Lean Protein

Lean [protein](#) also has an important role in a diet for preventing diabetes. The American Diabetes Association recommends consuming non-fat dairy and lean meats, such as poultry without the skin and cuts of beef and pork that end in the word "loin." You should also eat fish two to three times a week, as not only is this a good source of lean protein, but many fish varieties contain omega-3 fatty acids, which can help lower your risk of developing heart disease. Dried beans and lentils are also important sources of protein.