
FUNCTIONAL FOODS AT WORK

These are a few examples of specific functional foods and the diseases or conditions they may help prevent. While scientific experiments have produced varying degrees of evidence for the potential “functional” benefits of these foods, they are all healthful choices that can be included in a diabetes meal plan.

FOOD	POTENTIAL HEALTH BENEFIT
Black tea	Reduces risk of heart disease
Collard greens, kale, and spinach	Maintain healthy vision
Cranberry juice	Helps prevent urinary tract infections
Dairy and other calcium- rich foods	Reduce risk of osteoporosis
Fatty fish	Reduce risk of heart disease
Grape juice	Limits formation of blood clots
Green tea	Lowers risk of some cancers
Nuts	Reduce risk of heart disease
Oats	Lower LDL (bad) and total cholesterol
Olive oil	Reduces risk of heart disease
Psyllium	Lowers LDL and total cholesterol
Soy products	Reduce risk of heart disease
Sterol- and stanol-fortified foods	Lower LDL and total cholesterol
Tomatoes and tomato products	Reduce risk of prostate cancer
Whole grains	Reduce risk of heart disease and some cancers
Yogurt	Maintains digestive health

Diabetes Self-Management, “Functional Foods: Make Every Calorie Count” by Amy Campbell, MS, RD, LDN, CDE

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