

## What an Apple Can Do for Your Diabetes

Apples are undeniably good for you -- especially if you have diabetes. Soluble fiber content is the biggest focus for diabetic nutrition facts about apples, and the main reason why diabetic apple recipes are so good for type 2 diabetics. Apples are high in the soluble fiber pectin, making them good at controlling blood sugar by releasing it a little more slowly into the bloodstream. In addition to helping to regulate blood sugar and bowel function, soluble fiber is thought to have an anti-inflammatory affect that may help diabetics recover faster from infections.

The recommended daily intake for fiber is 28 to 35 grams a day. For carb-counting purposes, one medium-size apple has about 60 calories and 15 grams of carbohydrate. A skinned apple is still

good for you, but with skin an apple provides 4 grams of fiber - about 20% of the recommended total daily intake of fiber.

Especially in the fall, you can find many tasty varieties of apples. They can be enjoyed simply raw as part of a well-balanced diabetic meal, or as a snack along with some almonds or 1 or 2 tablespoons of low-fat peanut butter. Or, check out the low-fat and vegetarian about.com sites -- both have many diabetic-friendly apple recipes. Here are some ideas for how to incorporate apples into your meal plans, from breakfast to dinner and snacks:

### **Apples for Breakfast:**

[Apple Oatmeal Pancakes](#)

[Apple Oatmeal](#)

[Apple Breakfast Couscous](#)

### **Apples for Lunch or Dinner:**

[Chicken Apple Salad](#)

[Chicken and Apples](#)

[Pork and Apples](#)

Source: <http://diabetes.about.com/od/dieticianapprovedrecipes/a/What-An-Apple-Can-Do-For-Your-Diabetes.htm>