

Teaching Tool Download

DIABETES FRIENDLY EATING PLAN

WAYS TO INCLUDE SWEETPOTATOES INTO A DIABETES FRIENDLY EATING PLAN

Yes, you can. People with diabetes can eat sweetpotatoes. In fact, sweetpotatoes are packed with nutrition which includes fiber. Fiber plays an important role in blood sugar management. Including sweetpotatoes in our eating plan can be helpful. Here are some ideas of how to incorporate sweetpotatoes into a diabetes friendly eating plan:

1. Eat sweetpotatoes at breakfast, lunch or dinner. There are many recipes using sweetpotatoes that can fit nicely into any meal of the day.
2. Serve a sweetpotato chili ([Turkey & Sweetpotato Chili](#) as found on our website) with lunch or dinner along with a side of steamed vegetables.
3. Replace bread with two slices of sweetpotato as your morning toast for breakfast. If you'd like to sweeten up your morning "toast", prepare the baked sweetpotato sliced "toast" by topping it with some spray butter, cinnamon and low-calorie sweetener.
4. Use airfryer sweetpotato fries (sweetpotato, olive oil and spices) as your carbohydrate side along with a lean protein like skinless chicken and a side of broccoli. Twelve fries have approximately 12 grams of carbohydrate.

