

# Type 2 diabetes: many Natural foods or supplements proven to help lower blood sugar and promote healing

TYPE 2 diabetes is a condition that causes a person's blood sugar to become too high, and left untreated, it can lead to more serious and even life-threatening health problems. But taking certain supplements could help lower blood sugar.

By [KATRINA TURRILL](#)

Type 2 [diabetes](#) can cause a person to feel excessively thirsty, the need to pee a lot and also very tired. If the condition is left untreated it can result in serious, long-term health problems involving the eyes, feet, nerves kidneys, and can even increase the risk of heart attack and stroke happening. But one of the best ways a person's blood sugar level can be controlled is by eating a healthy diet.

## RELATED ARTICLES



[Diabetes type 2 warning - the taste in your mouth you shouldn't ignore](#)



[Diabetes type 2 warning - how good is your eyesight?](#)

## Experts suggest including certain supplements in your diet to keep your blood sugar in check and prevent type 2 diabetes

You should eat a wide range of foods, including fruit, vegetables and some starchy foods like pasta, and keep sugar, fat and salt to a minimum, according to the NHS.

But some experts also suggest including certain supplements in your diet to keep your blood sugar in check.

## Cinnamon

But individual foods have also proven effective at lowering blood sugar.

Several controlled studies have shown the spice cinnamon can lower blood sugar levels and improve insulin sensitivity.

One study demonstrated type 2 diabetes patients who took cinnamon for 90 days had more than a double reduction in haemoglobin A1C (a form of haemoglobin that is covalently bound to glucose) than those who only received standard care.

The study was titled 'Effectiveness of cinnamon for lowering hemoglobin A1C in patients with type 2 diabetes: a randomized, controlled trial'.

In three trials involving cinnamon cassia, fasting glucose levels fell by between 10.3 per cent and 29 per cent with no significant changes in those on placebo.



Type 2 diabetes: Certain supplements could help lower blood sugar (Image: GETTY)

# Chromium

A number of studies have suggested chromium can help regulate blood glucose levels.

A 2012 study carried out by the USA's University of Wyoming found chromium helps blood glucose levels by boosting the actions of insulin - the hormone responsible for regulating the release of glucose into the cells.

In 2003 a study published in Nutrition Research Reviews reported that the type of chromium used in supplements - chromium picolinate - is able to curb insulin resistance, which can be linked to the development of type 2 diabetes.

Holland & Barrett explains what chromium is: "Chromium is a trace mineral, which means your body needs it in tiny amounts.

"It plays an important role in turning the food we eat into energy.

"Chromium can't be made by our bodies, so we must get it from our food.

"Good sources include broccoli, potatoes and wholegrain. Most people get all they need from their diet."

As well as in food, chromium is available as chromium picolinate in tablets and can also be found in multivitamins.

## RELATED ARTICLES



**Diabetes type 2: The symptom in your eyes you should never ignore**



**Type 2 diabetes: Four food snacks that could help lower blood sugar**



Type 2 diabetes: Cinnamon has proven in studies to be able to lower blood sugar (Image: GETTY)



Type 2 diabetes: Chromium and quercetin have also been found to be effective (Image: GETTY)

### **Quercetin**

A 2019 review of studies, published in *Phytotherapy Research*, found taking 500mg or more of quercetin daily for at least eight weeks reduced blood glucose levels in people with metabolic syndrome, who have an increased risk of developing diabetes.

Again, Holland & Barrett explains what quercetin is: “Quercetin is a flavonoid, a natural chemical found in plants that has been shown to have a wide number of health benefits, including reducing inflammation, relieving allergy symptoms, and preventing infection.”

Quercetin is available as a supplement but can also be found in a number of foods, including:

- Onions
- Citrus fruits
- Green leafy vegetables
- Seeds
- Olive oil
- Red grapes
- Berries

When it comes to dosage for supplements, the high street health store advises: “Doses of 500-100mg a day are considered safe.

“Don’t take quercetin if you are pregnant or breast-feeding as there isn’t enough evidence to show it’s safe.

“Quercetin can interact with certain medications, so speak to your GP before taking quercetin supplements.”

### *RELATED ARTICLES*

- [Diabetes type 2 - the itchy skin blisters you shouldn't ignore](#)
- [Diabetes type 2 warning: Three signs on your skin you shouldn't ignore](#)
- [Diabetes type 2 - the sign in your ear you shouldn't ignore](#)

## ONIONS

- Onion may benefits diabetics during summers
- Red onion contains the flavonoid quercetin
- Red onion also contains sulfur compounds

Diabetes is a condition that affects the body's ability to process blood sugar normally, leading to an excess of glucose in the blood. **There are two different types of diabetes - Type-1 diabetes and Type-2 diabetes. While the former is a result of the pancreas producing little or no insulin, the latter is a lifestyle disorder, resulting from the body becoming insulin resistant. Diabetes affects millions of people in India every year and common symptoms of the condition include frequent thirst, frequent urge to urinate, fatigue and hunger and even blurred vision in some cases.** Diabetics need to be very careful about what they eat on a daily and even hourly basis.

There are certain foods and drinks that people can include in their diet to regulate their levels of blood sugar and [onion](#) is one of them. The vegetable may prove to be beneficial for diabetics, especially during summers.

**Also Read:** [5 Vegetables You Must Include In Your Diabetes Diet](#)



***Onion for diabetes: The veggie may prove beneficial for diabetics***

### **Benefit Of Onion For Summers**

Onion is an indispensable part of the Indian cuisine. It's used in preparing almost every curry and rice dish, and is a common part of sides and accompaniments like chutneys, salads etc. **Onion also comes with a number of health benefits, including boosting skin and hair health, as well as protecting the body against symptoms of heat stroke. [Red onions](#), which are the most common onions used across the Indian subcontinent, are rich in the compound quercetin, which is a flavonoid and which is said have anti-histamine properties.** This means that it stops the release of allergen histamine from cells. It may, therefore, help prevent rashes due to heat on the skin. It also helps in preventing allergies and fights inflammation in the body.

**Also Read:** [Onions For Summer: Can Carrying An Onion In Your Pocket Protect You From Heat Stroke?](#)

## Benefit Of Onion For Diabetes

**Onion or onion juice may be consumed during summers to fight adverse impacts of the heat, as well as to regulate levels of blood sugar. A recently published review of studies on the impact of quercetin has indicated that the compound may help diabetics.** The review that was published in the journal *Phytotherapy Research* said that daily consumption of quercetin supplements in dosage 500 mg or above for eight weeks, lowered blood glucose levels in metabolic syndrome patients. The participants were at a high risk of developing diabetes.

**Also Read:** [11 Best Onion Recipes | Easy Onion Recipes | Pyaaz Recipes](#)

Another study conducted on rats concluded that diets containing 5 percent onion extracts for a period of 28 days were able to decrease fasting blood glucose levels. These anti-diabetic effects of red onions come from the presence of both quercetin and sulphur compounds in it.

**Also Read:** [6 Surprising Ways to Use Onions Other Than Cooking With Them!](#)



***Onion for diabetes: Red onions contain the flavonoid quercetin***

**Include red onions in your salads, sandwiches, savoury porridges, brown rice dishes etc. to reap the benefits of the vegetable. Pregnant women may be advised to stay away from excessive consumption of too much onion. Raw onions can irritate gastric reflux.**