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**Can people
with diabetes
eat mangoes?**
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1


The glycemic index of mango is 51, which technically classifies it as a low GI food. Hence it can be consumed by diabetics with some precautions.

2

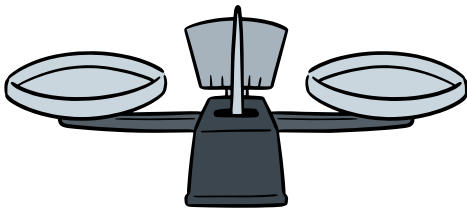

Mangoes are mostly made up of sugar. But the fibre slows the absorption of sugar.

3


Studies show that mango polyphenols improve insulin sensitivity and reduce inflammation, benefiting people with diabetes.

4


The best way to minimize mango's blood sugar effects is to avoid eating too much at once.

5


Diabetics should monitor their blood sugar before and after eating mangoes to adjust portions as needed.

6


Consuming mango with protein-rich food can help minimize blood sugar spikes.

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