



## Why The Petone Restaurant Also Best for People With Diabetes

Although several factors are responsible for defining the quality of a seafood restaurant, foods are always given priority. It's always tough to visit the restaurant with all your family members due to several constraints including diseases like diabetes.

Most people consider type 2 diabetes a blood sugar problem, but it is much more than that. With type 2 diabetes, the human body either doesn't produce enough insulin, or it resists insulin. The insulin resistance is a bigger threat to your cardiovascular health. People suffering from type 2 diabetes are twice as likely to have heart disease or a stroke as compared to their peers without diabetes.

And if we talk about a healthy diet, fish is a worthy consideration. The aquatic creature is an important source of protein, vitamins and minerals.



Let's discuss some of the best seafood at your favorite [Petone restaurant](https://www.thehook.co.nz) for people with diabetes too.

## **Salmon**

Salmon is a great option of fish for type 2 diabetes because of its high omega-3 fatty acid content. The fats can help down the risk of common diabetes-related complications such as heart stroke and heart disease. As per a study, eating at least 2 servings of fish a week can potentially reduce the risk of heart attack, and death among people ailing with heart disease.

Some of the healthy cooking ways for diabetes include baking, broiling, stewing, and roasting. It is recommended to have coating cooked salmon with 1 tablespoon of olive oil, 1 ½ of lemon juice, 2 crushed garlic cloves, and a handful of fresh chopped basil is good for type 2 diabetes patients.

## **Tilapia**

Tilapia is a kind of low-calorie, high-protein fish that holds a very mild flavor. Based on a report a tiny fillet that's been steamed has 137 calories and 28.5 grams of protein. Finding Tilapia is fairly easy as both a fresh and frozen fillet, and also it is easier to prepare. Generally Tilapia fillets are thin so they take very less time to be cooked.

## **Cod**

Cod is a low-calorie, high-protein white fish much like Tilapia. A small poached fillet offers 148 calories and 32.6 gram of protein. However Cod needs more tough cooking methods like grilling and bolder seasoning. Cod can be taken as fish tacos and seafood gumbo.

## **Trout**

Trout contains a good amount of omega-3 fatty acids, therefore it is essential seafood for patients with heart related issues. It's better to bake or broil trout with a little citrus juice or sodium-free seasoning. Chefs at the popular restaurant in Petone know how to cook seafood. The seafood dishes are prepared with less amount of salt. Adults need about 1,500 mg of salt a day. Every fish variety has unique tastes, so it should be easy to prepare meals salt-free with only a touch of appetizing herbs.

## **Shrimp**

Shrimp is high in protein and low in calories. A 4-oz serving has 120 calories and 23 gram of protein. Also it contains 170 mg of cholesterol which is considered higher as compared to

other kinds of seafood. That's why people with diabetes should avoid this high cholesterol-containing dish. Shrimp is best for calorie control and protein added items for heart patients.

## **Shellfish**

Getting the meat out of succulent shellfish such as lobster and crab is the real challenge for food lovers. Still shellfish is a popular diabetes diet. The foods are naturally low in fat and calories. One cup of steamed crab contains 97 calories and about 1 gram fat. Further a cup of steamed lobster offers 128 calories and 1.2 gram fat. In case you add melted butter to them, both calories and fat go high.

The [health benefits of seafood](#) you know are really enormous. The seafood restaurants in Petone know this concept better. Therefore having a meal at the restaurant is not a threat to health.

## **Conclusion**

Your most favorite Petone restaurant is the best point for people of all ages irrespective of health conditions. You can no longer restrict your family members suffering from diabetes to visit the seafood restaurant with the whole family. Check the menus every time when you visit as such places add new healthy dishes frequently.