

• FOODS FOR TYPE 2 DIABETES •

FOODS THAT CAN HELP MANAGE TYPE 2 DIABETES



EGGS

High in protein, decreases inflammation, can help with insulin sensitivity, can help reduce risk of heart disease



CINNAMON

Can help lower blood sugar levels and improve insulin sensitivity, powerful antioxidant



GREEK YOGURT

Can help improve blood sugar control, high in calcium, good protein source



NUTS

High in fiber, some are low in carbohydrates, can help reduce inflammation, may help with lower blood sugar levels



SQUASH

Rich in soluble fiber, great source of antioxidants, super versatile, may help reduce insulin levels



STRAWBERRIES

Rich in soluble fiber, excellent source of antioxidants, high in vitamin C, may help regulate blood sugar



SECOND HARVEST
of SILICON VALLEY