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