

# Food as Medicine for Type 2 Diabetes

## Strawberries

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



## Squash

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



## Nuts

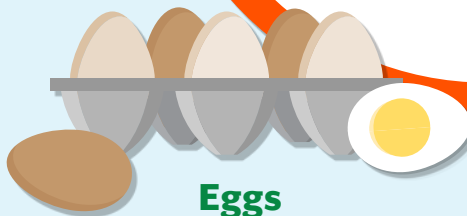
High in fiber, low in carbohydrates, can help reduce inflammation, may help lower blood sugar levels



## Foods that can help manage blood sugar levels

## Greek Yogurt

High in calcium, good source of protein, can help improve blood sugar control



## Eggs

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



## Cinnamon

Powerful antioxidant, can help lower blood sugar levels and improve insulin sensitivity

*\*These nutrient-dense foods are not intended to be used to replace medication prescribed by your doctor.*



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**SECOND HARVEST**  
of SILICON VALLEY