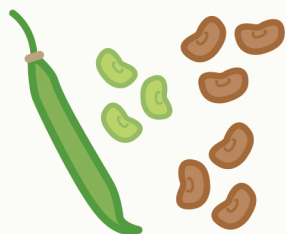




Diabetes Superfoods

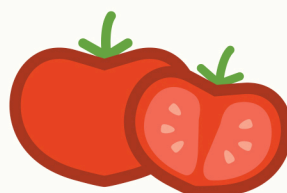


These foods are extra healthy for people with diabetes, because they have near-zero net carbs and help stabilize your blood sugar.



Beans

are packed with fiber, magnesium, and potassium



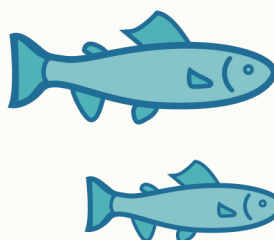
Tomatoes

are an amazing, low-carb source of vitamins C and E and iron



Dark, green vegetables

deliver a powerful dose of fiber, proteins, vitamins and minerals



Salmon

reduces triglycerides, blood pressure, and inflammation



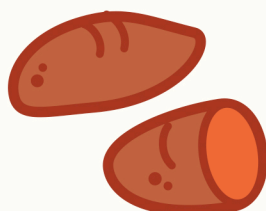
Citrus fruits

contain generous amounts of vitamin C and fiber



Whole grains

have folate, omega-3s, magnesium, chromium, fiber and potassium (white bread doesn't)



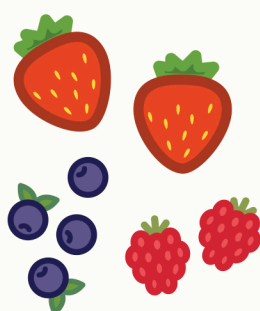
Sweet potatoes

contain more healthy fiber, antioxidants and vitamin A than white potatoes



Raw nuts

are full of healthy fats and fiber



Berries

are packed with antioxidants, fiber and vitamins



Fat-free dairy

delivers vitamin D. Yogurt's probiotic bacteria helps keep intestines healthy and boosts immunity.

Source:
American Diabetes Association. Diabetes Superfoods. Available at:
www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html
Accessed June 30, 2015.

ACCU-CHEK is a trademark of Roche.

© 2016 Roche Diabetes Care.

www.accu-chek.com

Roche Diabetes Care, Inc.
9115 Hague Road
Indianapolis, IN 46250



ACCU-CHEK®