

The Five Best Foods

For Preventing or Reversing Diabetes



- 1. All green vegetables** — the greatest nutrient-to-calorie ratio of all foods; studies show greater intake is associated with a decreased risk of type 2 diabetes
- 2. Non-green, non-starchy vegetables** — packed with fiber and phytochemicals, vegetables like mushrooms, onions, eggplant, peppers, tomatoes, and cauliflower keep blood glucose low
- 3. Beans, lentils, and other legumes** — the ideal carbohydrate source with low glycemic load due to their protein, fiber, and resistant starch
- 4. Nuts and seeds** — have low glycemic load, protect against heart disease, promote weight loss and have anti-inflammatory effects that may prevent the development of insulin resistance
- 5. Low-sugar fresh fruit** — rich in fiber and antioxidants, fruits like berries, kiwi, oranges, pomegranate, and melon, satisfy cravings for sweets

Dr. Fuhrman
www.DrFuhrman.com
1-800-474-WELL (9355)

Why MANAGE Type 2 Diabetes?
When you can simply GET RID OF IT?
Find out more in **The End of Diabetes.**

