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.

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