

# Fiber and Diabetes

Fiber can help control your blood pressure! Your body can't break down fiber the same way it breaks down other carbs, so it helps slow the body's absorption of sugar and helps to lessen the chances of a spike in blood pressure. Fiber is also beneficial for digestive health. Here are a few tips on including more fiber in your diet:

**Adding veggies like Carrots, Broccoli, Brussel Sprouts, or Collard Greens to a meal will give it an extra boost of fiber!**



**For breads and pastas, make sure "Whole Wheat Flour" is the first ingredient on the nutrition label.**

#### INGREDIENTS:

WHOLE WHEAT FLOUR, WATER, VITAL WHEAT GLUTEN, HONEY, YEAST, BROWN SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, ASCORBIC ACID, CULTURED WHEAT FLOUR, HARD RED

**Ingredients:** Whole Durum Wheat Flour, Semolina (Wheat), and Sorghum Bran.

**Snack on fiber! Try fruits high in fiber like pears, blackberries, and raspberries or snack on nuts such as almonds.**

