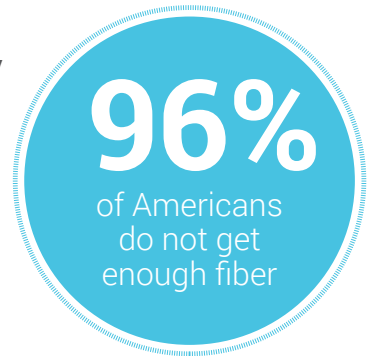


Will you try an experiment? For the next three days follow these five simple steps and measure your fasting blood sugars every morning. You should feel better. Your blood sugars should stabilize. And your weight may start to fall.

The secret is fiber. And beans have the most fiber! Add beans to every meal – or two meals if you can't stomach the idea of beans at breakfast. The more beans you eat, the better your blood sugars will be.

Start the day with oatmeal and berries – the best fruit for diabetics. Get in some activity. Limit fatty foods like meat, dairy and eggs. Fill up on vegetables, beans and some fruit at mealtimes.

Fiber is only found in beans, vegetables, fruits, potatoes, unprocessed whole grains, nuts and seeds. Eating a variety of plant foods every day will give you all the fiber and nutrients you need to be healthy. For optimal health, eat lots of fiber (and beans). Make sure to drink enough water to stay hydrated within your medical providers' recommendations.



5 THINGS YOU CAN DO TODAY



Eat Beans

Try eating $\frac{1}{2}$ cup of any type of bean, lentil or pea with each meal. Beans are key when it comes to stabilizing blood sugars! Beans are high in fiber which helps slow digestion and keep sugars stable. Think of it as another type of medication, one without side effects. Make sure beans are cooked and rinsed thoroughly for best results.



Oatmeal and Berries

Start your day with oatmeal and berries, plus a side of beans for extra blood sugar control.



Movement

Include five (5) to 10 minutes of movement after each meal, such as walking, strength training, dancing, chair exercise, and so on.



Vegetables and Fruit

Increase intake of vegetables and fruits at every meal. For better blood sugar control, eat fruit with meals instead of on by itself.



Limit

For best results limit chicken, fish, pork, beef, dairy, and eggs to less than two to three (2-3) servings per week (or remove completely).

LET'S EAT!

Beans	Buy beans canned, dried, frozen or fresh. Use whatever is easiest. Look for low sodium or no salt added canned beans.
Vegetables	Add vegetables fresh, frozen or canned. Steam, bake, grill or boil.
Unprocessed whole grains and starchy vegetables	Any type of potatoes, corn or whole unprocessed grains (combined with beans at meal time). For bread products choose the brand Food for Life® which sells Ezekiel 4:9 bread and English muffins, made with sprouted whole grains and beans but without flour, which help stabilize blood sugars.
Fruits	Fresh, frozen, or dried (unsweetened) fruits of any kind. <u>Eat fruit at meal time or have ½ cup beans on the side to help stabilize sugars.</u>
Nuts/Seeds	Walnuts, almonds, peanuts, cashews, natural peanut butter, flax seed, sunflower seeds, chia seeds, pumpkin seeds

LET'S GET PRACTICAL

Breakfast	Any cooked whole-grain cereal or muesli, any whole fresh/frozen fruit, seeds or nuts, (optional: ¼ - ½ cup beans for extra control). Example: Oatmeal with berries, banana or raisins, and nuts or seeds (½ cup beans). OR 2 slices 100% whole wheat bread (Ezekiel 4:9 bread recommended) with nut butter, fresh berries or fruit and ½ cup of beans for longer satiety and better blood sugar control.
Lunch	Salad made from dark leafy greens and other veggies, baked potatoes, lentils, beans, steamed vegetables, cooked grains, and ¼ - ½ cup beans. Example: Baked potato with chili beans and salad or vegetable bean burrito. Make sure meal includes at least ½ cup of beans for longer satiety and better blood sugar control. Alternatively try brown rice, steamed vegetables, and grilled tofu (add edamame beans on the side).
Dinner	Stew, salads, wraps, sandwiches, potatoes, grain and bean bowls. Example: Brown rice with black beans, fresh salsa, guacamole, and large salad. Make sure meal includes at least ½ cup of beans for longer satiety and better blood sugar control. Alternatively have a large bowl of vegetable soup (plus ½ cup beans), whole wheat bread, and salad.
Snacks	Fruit and nuts, veggies and hummus, trail mix, 100% whole wheat toast with nut butter or avocado, beans, leftovers, etc.