

Diabetes *Superfoods*

These foods are extra healthy because they have near-zero net carbs and can help stabilize your blood sugar.

LEGUMES



Low-fat, full of protein and high in fiber.

DARK LEAFY GREENS



Great source of fiber, vitamins and minerals.

SALMON



Great source of protein and omega-3s.

BERRIES & CITRUS



Packed with antioxidants, vitamins and fiber.

WHOLE GRAINS



Have folate, fiber, omega-3s and important nutrients.

NUTS



Full of healthy fats and fiber.

Visit [BeWellSHBP.com/Diabetes](https://www.BeWellSHBP.com/Diabetes) to register or log into your account.
Visit Achieve/Programs to enroll in the **Eat Right Now®** program.