







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





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



Great source of fiber, vitamins and minerals.



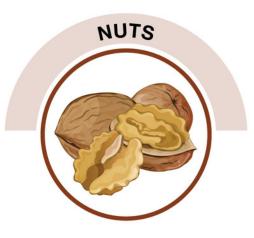
Great source of protein and omega-3s.



Packed with antioxidants, vitamins and fiber.



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



Full of healthy fats and fiber.

Visit BeWellSHBP.com/Diabetes to register or log into your account. Visit Achieve/Programs to enroll in the Eat Right Now® program.