

Benefits of Asparagus for Diabetes

Eating more vegetables is essential for managing diabetes, and asparagus is a top choice. Packed with nutrients, fiber, and antioxidants, asparagus can help regulate blood sugar and support overall health.

Why Asparagus is Great for Diabetes

Research suggests that asparagus may help:

- **Improve blood sugar control** – Studies show asparagus can enhance insulin production and glucose metabolism.
- **Lower the risk of diabetes complications** – Rich in antioxidants, asparagus helps reduce inflammation and supports heart health.
- **Promote digestive health** – High in fiber, asparagus aids digestion and supports gut health.
- **Provide essential vitamins & minerals** – Includes folate, vitamins A, B6, C, and K, plus iron, potassium, and magnesium.

Nutritional Breakdown (Per 1 Cup Serving)

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|---------------------|---------------------|
| • Calories: 27 | • Vitamin A: 20% DV |
| • Carbohydrates: 5g | • Vitamin C: 12% DV |
| • Fiber: 3g | • Iron: 16% DV |
| • Protein: 3g | • Potassium: 271mg |

Easy Ways to Add Asparagus to Your Diet

- Toss into salads, soups, omelets, and pasta.
- Steam and top with parmesan and olive oil.
- Pair with nuts like pistachios for extra protein.
- Grill with onions and macadamia nut oil.
- Stir-fry with sesame seeds, ginger, and garlic.





Healthy Eating & Diabetes Management

A balanced diet, along with proper diabetes management tools, is key to staying healthy. In addition to eating well, make sure you have the diabetes supplies you need, including insulin, glucose meters, and continuous glucose monitors.

Talk to your healthcare provider about incorporating asparagus into your diet and ensuring you have the right diabetes care plan in place!

We're committed to your health. Contact us today for more information.



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