

Chia Seeds: A Tiny Nutritional Powerhouse

Chia seeds boast significant benefits for individuals with diabetes. Packed with essential nutrients, these tiny seeds can help regulate blood sugar levels, improve heart health, and support overall well-being.

Key Benefits

- Fiber-Rich:** Chia seeds are a rich source of fiber, which helps slow down the absorption of sugar into the bloodstream, preventing spikes in blood sugar levels.
- Omega-3 Fatty Acids:** These healthy fats can help reduce inflammation and improve heart health, a crucial concern for people with diabetes.
- Protein:** Protein helps stabilize blood sugar levels and promotes fullness, reducing overeating.
- Antioxidants:** Chia seeds contain antioxidants that protect cells from oxidative stress.



How to Incorporate Chia Seeds into Your Diet

- Chia Seed Pudding:** Create a delicious and nutritious breakfast or snack by combining chia seeds with milk or yogurt, and adding fruits, nuts, or honey.
- Smoothies:** Blend chia seeds into your smoothies for a fiber and protein boost.
- Baked Goods:** Add chia seeds to bread, muffins, and cookies for extra fiber and nutrients.
- Toppings:** Sprinkle chia seeds on yogurt, oatmeal, or salads for crunchy texture and added nutrition.

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

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The Advanced Diabetes Supply Group



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