



The Mediterranean Diet for Diabetes Management

The Mediterranean diet is rich in fruits, vegetables, whole grains, healthy fats, and lean protein. It's gained popularity for its numerous health benefits, particularly for those living with diabetes.

Key Benefits

- **Improved Blood Sugar Control:** The high fiber content of the Mediterranean diet can help regulate blood sugar levels.
- **Reduced Risk of Heart Disease:** The abundance of heart-healthy fats, such as omega-3 fatty acids and monounsaturated fats, can help lower cholesterol levels and reduce the risk of heart disease.
- **Weight Management:** The Mediterranean diet can help with weight loss and weight management, which are crucial for diabetes control.
- **Antioxidant-Rich:** The diet is rich in antioxidants, which can help protect cells from damage.

Incorporating the Mediterranean Diet into Your Lifestyle

- **Prioritize Plant-Based Foods:** Focus on consuming plenty of fruits, vegetables, whole grains, legumes, and nuts.
- **Choose Healthy Fats:** Opt for olive oil, avocados, and nuts as sources of healthy fats.
- **Lean Protein Sources:** Incorporate fish, poultry, and legumes into your diet.
- **Limit Processed Foods:** Avoid deli meats, meats with nitrates, and other processed food.
- **Enjoy Herbs and Spices:** Use herbs and spices to flavor your food instead of relying on salt.
- **Mindful Eating:** Pay attention to your body's hunger and fullness cues.



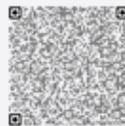


Tips for Success

- **Start Slowly:** Gradually incorporate Mediterranean diet principles into your lifestyle.
- **Cook at Home:** Preparing meals at home allows you to control ingredients and portion sizes.
- **Experiment with Flavors:** Try new recipes and explore different cuisines inspired by the Mediterranean region.
- **Seek Professional Guidance:** Consult with a registered dietitian or healthcare provider for personalized advice.

Advanced Diabetes Supply is committed to providing information and support to individuals with diabetes. Our certified diabetes educators can offer personalized advice on nutrition, medication, and lifestyle management.

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

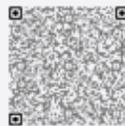


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