

Dietary Benefits of Mushrooms

Mushrooms offer a range of health benefits, particularly for individuals with diabetes. These versatile fungi are low in calories, rich in nutrients, and have unique properties that can support blood sugar control.

Key Benefits

- **Low Glycemic Index:** Mushrooms have a low glycemic index, meaning they have a minimal impact on blood sugar levels.
- **Antioxidant Properties:** Mushrooms contain antioxidants that can help protect cells from damage.
- **Potential Anti-Diabetic Effects:** Certain compounds in mushrooms may help regulate blood sugar and improve insulin sensitivity.
- **Reduced Risk of Chronic Diseases:** Mushrooms are linked to a lower risk of heart disease, stroke, and certain types of cancer.

How to Incorporate Mushrooms into Your Diet

- **Versatile Ingredient:** Mushrooms can be added to a variety of dishes, including soups, stews, stir-fries, and pasta dishes.
- **Meat Substitutes:** Portabella mushrooms can be used as a meat substitute for burgers and sandwiches.
- **Flavorful Additions:** Mushrooms can add depth of flavor to any meal.



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At Advanced Diabetes Supply (ADS) and US MED, we’re committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

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The Advanced Diabetes Supply Group

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