

Nitrates and Diabetes

Nitrates are naturally occurring compounds found in various foods, including vegetables like spinach and beets. However, they are also added to processed meats to preserve their color and flavor.

The Role of Nitrates in Diabetes

- **Nitrates in Processed Meats:** High consumption of processed meats, has been linked to an increased risk of type 2 diabetes. This is likely due to factors such as high sodium content, saturated fat, and potential formation of harmful compounds during processing.
- **Nitrates in Vegetables:** Nitrates from plant-based sources can be beneficial when consumed in moderation. They can help improve blood flow, reduce blood pressure, and protect against heart disease.

Tips for Managing Nitrate Intake

- **Limit Processed Meat Consumption:** Reduce your intake of processed meats like bacon, sausage, ham, and hot dogs.
- **Choose Lean Protein Sources:** Opt for lean protein sources like poultry, fish, eggs, and plant-based proteins.
- **Incorporate Plenty of Vegetables:** Include a variety of colorful vegetables in your diet, as they are rich in antioxidants and other beneficial nutrients.
- **Cook Meats Properly:** Avoid charring or burning meat, as this can lead to harmful compounds.
- **Consult with a Healthcare Professional:** Discuss your dietary needs and concerns with a registered dietitian or healthcare provider.

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Email: customer care@northcoastmed.com



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Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com