



## Nuts for Diabetes Nutrition

Nuts are a nutrient-dense food that can be a valuable addition to a diabetes-friendly diet. They are packed with healthy fats, fiber, protein, and essential vitamins and minerals.

### Benefits of Nuts for People with Diabetes

- **Improved Blood Sugar Control:** Nuts can help regulate blood sugar levels due to their low glycemic index and high fiber content.
- **Heart Health:** The healthy fats in nuts can help lower cholesterol levels and reduce the risk of heart disease.
- **Weight Management:** Nuts can help you feel full and satisfied, reducing the likelihood of overeating.
- **Nutrient-Rich:** Nuts are a good source of vitamins, minerals, and antioxidants.

### Popular Nut Choices for Diabetes

- **Almonds:** Rich in magnesium, almonds can help control blood sugar levels and reduce the risk of heart disease.
- **Walnuts:** Packed with omega-3 fatty acids, walnuts can help lower inflammation and improve brain health.
- **Cashews:** A good source of protein and healthy fats, cashews can help you feel full and satisfied.
- **Hazelnuts:** Low in carbohydrates and high in fiber, hazelnuts can help stabilize blood sugar levels.
- **Pistachios:** High in fiber and antioxidants, pistachios can help improve heart health and reduce the risk of chronic diseases.



## Tips for Incorporating Nuts into Your Diet

- **Snack Smart:** Enjoy a handful of nuts as a healthy snack.
- **Add to Yogurt:** Top your yogurt with a sprinkle of nuts for added crunch and flavor.
- **Sprinkle on Salads:** Add nuts to salads for a boost of protein and healthy fats.
- **Create Nut Butters:** Make your own nut butter using a food processor.

**Remember:** While nuts are a healthy choice, it's important to consume them in moderation due to their calorie content.



## Let ADS Support Your Diabetes Journey

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.

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



### **Advanced Diabetes Supply**

**Website:** [www.advanceddiabetessupply.com](http://www.advanceddiabetessupply.com)

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