

Sardines: A Mighty Nutritional Source

Sardines are packed with essential nutrients, low in calories, and can be a nutritional powerhouse for those looking to improve blood sugar control.

Why Sardines Are a Superfood for Diabetics

- **Omega-3 Fatty Acids:** These heart-healthy fats can help reduce inflammation, lower triglycerides, and improve blood vessel function.
- **Vitamin D:** Essential for calcium absorption and bone health, vitamin D can help prevent osteoporosis, a common complication of diabetes.
- **Calcium:** This mineral is crucial for strong bones and teeth. Sardines, especially those canned with bones, are a great source of calcium.
- **Protein:** Protein helps you feel full, stabilizes blood sugar levels, and supports muscle mass.



How to Incorporate Sardines Into Your Diet

- **Canned Sardines:** A convenient and affordable option, canned sardines can be enjoyed in various ways:
 - **On Toast:** Top a slice of whole-grain toast with sardines, olive oil, and lemon.
 - **In Salads:** Add sardines to salads for a boost of protein and healthy fats.
 - **Pasta Dishes:** Incorporate sardines into pasta dishes for a flavorful and nutritious meal.
- **Fresh Sardines:** Grilled or baked sardines are a delicious and healthy option.

Tips for Enjoying Sardines

- **Choose Quality:** Opt for sardines packed in olive oil or water, as these are healthier options.
- **Experiment with Flavors:** Add herbs, spices, or hot sauce to enhance the flavor of sardines.
- **Overcome the Odor:** Some people find the smell of sardines off-putting. Soaking them in milk or lemon juice can help reduce the fishy odor.

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



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