



Watercress: A Leafy Green Powerhouse

Watercress is a nutritional powerhouse that is packed with essential vitamins, minerals, and antioxidants. This leafy green vegetable offers a host of health benefits.

Why Watercress is Beneficial for Diabetes

- **Rich in Antioxidants:** Watercress contains antioxidants like lutein, zeaxanthin, and beta-carotene, which can help protect cells from damage caused by oxidative stress.
- **Supports Heart Health:** The antioxidants and nitrates in watercress can help lower blood pressure and reduce the risk of heart disease.
- **Promotes Eye Health:** The lutein and zeaxanthin in watercress can help protect your eyes from age-related macular degeneration.
- **Aids in Weight Management:** Low in calories and high in fiber, watercress can help you feel full and satisfied, making it a great addition to a weight-loss diet.
- **Improves Blood Sugar Control:** The fiber and antioxidants in watercress can help regulate blood sugar levels.



How to Incorporate Watercress into Your Diet

- **Salads:** Add watercress to your salads for a fresh and crunchy addition.
- **Smoothies:** Blend watercress with fruits and yogurt for a nutrient-packed drink.
- **Soups:** Add watercress to soups and stews for a boost of flavor and nutrients.
- **Sandwiches:** Use watercress as a topping for sandwiches and wraps.
- **Pesto:** Make a unique pesto sauce using watercress as the base.

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



Advanced Diabetes Supply

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