Veggie Starters for Better Glucose Control

Consuming foods high in fiber helps prevent blood glucose spikes. For the best results eat a high-fiber veggie serving before your meal or be sure to pair one of these starters with a starch every time you eat.











Serving Size	Dietary Fiber (g)	Carbs (g)
2 Tbsp		
HEB Mild Guacamole	2	2
1/2 cup		
Cece's Zuchinni Veggiccine	1	3
Cece's Organic Yellow Squash	1	3
Peanut Patch Boiled peanuts	2	3
1 cup		
HEB Broccoli Baby Florets	3	5
HEB Organics Vegetable Medley	2	6
Ole Xtreme Wellness! Tortilla Wraps	12	5
Birds Eye Herb Riced Cauliflower	3	6
Birds Eye Edamame In Pod	5	8
Green Giant Zucchini Veggie Spirals	1	2
Green Giant Riced Veggies Cauliflower	2	4
Raw veggies + 2 Tbsp of ranch	2	6
Raw veggies + 2 Tbsp of hummus	3	6

How does fiber work?

Fiber is not easily digested by the body. As it moves through your gut it holds onto sugar, helping regulate how much & how fast sugar enters your bloodstream.

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