



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)



1 Tbsp

HEB Mild Guacamole

2

2



1/2 cup

Cece's Zucchini Veggiecine

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

5

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.