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Beans and Greens

Fiber for Blood Sugar Balance

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What is Fiber?

Soluble

Forms a gel, slows digestion, helps steady blood sugar.

- Beans, lentils, oats, chia seeds

Insoluble

Adds bulk, helps food move through “nature’s broom”

- Kale stems, green beans, whole grains

Fiber and Blood Sugar Control

- Soluble fiber creates a gel in the gut – this slows absorption of carbs into the blood

- Leads to smaller steadier rises in blood sugar after meals.

Blood Sugar Control Cont.

Image from Veri.com

Beyond Blood Sugar

- Supports heart health – lowers “bad” cholesterol
- May lower risk of certain cancers
- Promote Gut health
- Helps keep you full, can help with weight management
- Keeps you regular – prevents constipation

Fiber & Fermentation

Some fiber feed your healthy gut bacteria - these bacteria will ferment these fibers.

- This helps your gut lining
- Reduces inflammation
- And can help with blood sugar control

Prebiotics

Fermented foods contain live bacteria, (ex: kimchi, kombucha, yogurt)

- These help diversify the gut microbiome
- May support digestion and gut health

Probiotics

Thanks!

Do you have any questions?

Want to learn more?

U.S. Department of Agriculture Nutrition.gov
https://www.nutrition.gov/topics/whats-food/fiber

Harvard School of Public Health
https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Cleveland Clinic
https://health.clevelandclinic.org/fiber
https://health.clevelandclinic.org/5-reasons-you-should-add-more-fermented-foods-to-your-diet-infographic

Centers for Disease Control (CDC)
https://www.cdc.gov/diabetes/healthy-eating/fiber-helps-diabetes.html