BEANS AND GREENS

Fiber for Blood Sugar Balance

What is Fiber?

- Fiber is the part of the plants our body can't fully digest – it sweeps through, doing good along the way

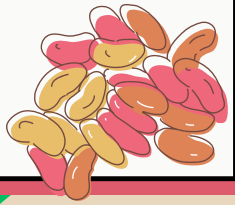
Two Types

- **Insoluble**: adds bulk and helps food move
- **Soluble**: forms a gel in the gut, slowing digestion and helping steady blood sugar.

Why Beans & Greens?

Beans = soluble fiber +protein
This provides an ideal combo to maintain blood sugar control.
Greens = mostly insoluble fiber, which keeps digestion moving.

Together they provide a full spectrum of fiber benefits in one dish.



Additional tips:

- Aim for 25-30g fiber per day
  - Most Americans only get half that
- Drink plenty of water – fiber works best when hydrated
- Use a variety of beans and greens

Salad Recipe

- 1 lb green beans
- 2 cups kale
- 1 cup cherry tomatoes
- ¼ red onion
- 2 tbsp fresh herbs
- 1 (15 oz) can cannellini beans, rinsed & drained
- 3 tbsp olive oil
- 2 tbsp lemon juice (or red wine vinegar)
- 1 tsp dijon mustard
- salt and pepper to taste

Instructions:

1. Bring pot of water to boil. Add green beans and cook 3-4 minutes, until bright green. Drain and rinse under cold water to prevent overcooking.
2. Massage chopped kale with a drizzle of olive oil and pinch of salt
3. In a small bowl, whisk olive oil, lemon juice (or vinegar), dijon, salt, and pepper.
4. Toss green beans, kale, tomatoes, onion, beans, and herbs with vinaigrette