

BLUEBERRIES AND DIABETES MANAGEMENT



According to the Centers for Disease Control and Prevention, 34.2 million Americans (10.5% of the U.S. population) have diabetes and 88 million people aged 18+ years have prediabetes (34.5% of the U.S. adult population). Approximately 90–95% of those with diabetes have type 2 diabetes, which occurs when the body's cells do not respond to insulin, the hormone produced in the pancreas which helps blood sugar enter the cells. The prevalence of type 2 diabetes is increasing in the U.S. population due to aging, physical inactivity, and a high prevalence of overweight and obesity, all of which are serious risk factors.²

The American Diabetes Association notes that fruit can fit into a diabetes friendly meal plan, help to satisfy a sweet tooth and provide extra nutrition. **Blueberries are a great way to add natural sweetness to your favorite foods including cereal, yogurt, salads and smoothies.** Not only can they help satisfy your sweet tooth, but they provide the added benefit of essential nutrients like fiber, vitamin C, manganese and vitamin K.³ **In fact, including blueberries in your diet may offer health benefits and help manage your diabetes.**⁴

Scientific evidence supports the role blueberries play in diabetes management, from helping to improve metabolic syndrome risk factors like cholesterol and blood pressure to helping to modestly lower hemoglobin A1C (average blood sugar level) as a good source of fiber. Importantly, the science to date suggests dietary changes are effective and low-cost ways to improve blood sugar levels, manage weight, and reduce cardiovascular risk factors for diabetic patients.^{4–6}

One serving, or a cup of blueberries:

- 1 Is considered one serving of fruit.
- 2 Contains just 80 calories and is a good source of fiber.
- 3 Contributes essential nutrients including vitamin C, vitamin K, manganese and phytonutrients called polyphenols.
- 4 Contains anthocyanins, which are compounds that give blueberries their blue color.

EASY, NO-FUSS RECIPES TO GRAB A BOOST OF BLUE



Blueberry Greek Salad in a Jar



5 Ingredient Blueberry Swiss Melts



Salmon and Blueberry Salad with Red Onion Vinaigrette

REFERENCES

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