

Week 2



# Targeted...

## Glucose and Triglycerides Tip

### **Eat more food with resistant starch.**

Resistant starch — found in some potatoes and some beans — bypasses the small intestine, gets metabolized by the good bacteria and then behaves as dietary fiber in the large intestine. Even after your next meal, your blood sugar will be lower. It's called the 'second-meal effect.'

You'll find it in a potato that has been baked and then cooled, but not in a warm potato. So a half-cup of potato salad will bring on better blood sugar readings than the same amount of warm mashed potatoes.

Black and kidney beans also have natural resistant starch . Remember... anything that helps your glucose will help your Triglycerides.



## Cholesterol Tip

### **Replace saturated fats**

Replace saturated (unhealthy) fats in your diet with unsaturated (healthy) fats. For example, use soft tub margarine, olive, Canola, avocado, grape seed and sunflower oil (amongst others) in food preparation or over salads instead of hard brick margarine/butter/ ghee, cream or coconut milk.

