



Targeted...

Glucose and Triglycerides Tip

Cook up cactus.

The paddle-shaped nopal cactus (also known as “prickly pear”) slows carbohydrate absorption and lowers post-meal blood glucose readings in people with type 2 diabetes, according to some studies. In Mexico, nopal is used for treating the disease.



According to a 2007 article in the journal *Diabetes Care*, the cactus is very high in soluble fiber, and, when eaten with other foods, slows the rate at which sugar from the meal enters the bloodstream. This can positively effect both Glucose and Triglycerides.

Nopal, popular in central Mexico, is boiled, grilled, fried or mashed and added to soups and stews. It’s available in supplements, but be careful: Some people experience gastrointestinal distress, and it hasn’t been studied extensively in the U.S. as an oral extract. Always talk to your doctor before trying this or any other supplement.

Cholesterol Tip

Up your fiber intake

Ensure an adequate intake of fiber by eating at least 5 servings of fruit and vegetables daily. Legumes (beans, peas and lentils) are high in fiber and a good source of protein – try to include it in your diet at least 3 times a week.

