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Wholesome Snacks For Diabetics



Almonds

Almonds offer magnesium, manganese, vitamin B2, protein, helps to stabilize blood sugar, manage weight

Veggies/hummus

Veggies with hummus rich in fibre, vitamins, minerals, support to control blood sugar surges



Avocado

The goodness of healthy fats, fibre in avocados help lower blood sugar levels, augment heart health

Roasted Chickpeas

Laden with protein, fibre, vitamins chickpeas curb hunger pangs, control blood sugar levels



Popcorn

Low in calories and high fibre content, popcorn helps to lose weight and manage diabetes

Genesis Pure Safe For Diabetics

KJ Lindholm-Leary



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