

# Eat Your Greens

Eating vegetables several times a week is a great way to help control blood sugar and to lower your risk of getting type 2 diabetes.

## The Best Leafy Greens



Looseleaf lettuces are the best leafy greens to eat. The more colorful they are, the healthier they are. Red, purple, and dark green looseleaf lettuce are the best choices.

The top three “salad” greens besides those in the lettuce family are spinach, radicchio, and arugula. Of all the salad greens, spinach is one of the best ones for you.



## Tips When Eating Greens

- Choose the freshest (newest) lettuce you can find.
- Your budget permitting, choose organic greens.
- Eat vegetables such as broccoli, kale, Chinese cabbage, and turnips, often. These vegetables are sometimes called food superstars because they're so full of health benefits.
- The green tubes or stems of scallions (green onions) are also an excellent choice.
- Thoroughly wash greens and other vegetables before eating them. This is important to remember. (Experts do not agree on whether or not it is necessary to wash triple-washed greens, so you decide.)



## Raw Greens Are Free Foods

The raw greens in salads, sandwiches, and wraps are called free foods because they contain few, if any, carbohydrates (carbs). They won't raise your blood sugar. Raw greens are also low in calories. You can eat as many raw greens as you like.



**Making healthy food choices is important. ENJOY!**