

Eat Your Greens

Making healthy food choices is important. 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

Loose-leaf lettuces are the best leafy greens to eat. **The more colorful they are, the healthier they are.** Red, purple, and dark green loose-leaf lettuces 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 the best one for you.

Tips While Eating Greens

- Choose the freshest, or newest, lettuce you can find.
- Your budget permitting, choose organic greens.
- Eat vegetables such as broccoli, kale, Chinese cabbage, and turnips. 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 can 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 and are low in calories. You can eat as many raw greens as you like.