

# DIABETES SUPER FOODS

## THAT WILL HELP CONTROL AND MINIMIZE BLOOD SUGAR



LADY FINGER



CAULIFLOWER



LETTUCE LEAF



CABBAGE



SPINACH



BRINJAL



ONIONS



GREEN ONIONS



BEET ROOT



TURNIP



CUCUMBER



SKINNY CUCUMBER



TOMATOES



CAPSICUM



GREEN CHILLIES



BITTER GOURD



CARROT



LEMON



WHITE RADDISH



RED RADDISH



RIDGED GOURD



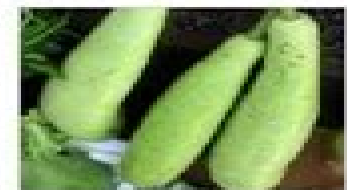
EGG WHITE



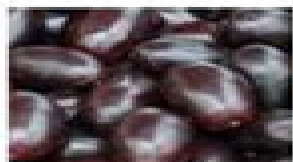
LIGHT SOUP OR STEW



SODA WATER



BOTTLE GOURD



INDIAN BLACKBERRY



CINNAMON



GARLIC



FENUGREEK

# Diabetes Guide In Urdu

**Roman Wölfel**



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