

Nutritionists called bakers nuts the most useful to reduce blood sugar levels

Lenora Vatamanyuk, a certified nutritionist, says that of all bakery nuts, the level of glucose in the blood after eating is least of all increases. If you want to try something else, then pay attention to almonds, macadamia and Brazilian nuts.

There are more fats in the bakery than in other types of nuts, and this can be a plus. Only 30 g of these nuts will give 20 g of fat. The body uses them to obtain energy, formation and protection of cells, assimilation of vitamins A, D, E, and K.

Products in a high content of fiber like nuts of bakers can also help maintain a stable level of blood glucose. In 28 g of bee, a little less than 3 g of this substance.



Victor Protasio

The protein is broken down into amino acids, so it minimally affects blood sugar. In 28 g of bakers, about 2.5 g of protein is contained.

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making a decision, consult a specialist.