

Beets and their diets

As Diabetic Women Experiment

Beets are not just for salads anymore. They're being used to help people with diabetes. A study found that eating beets can help lower blood sugar levels. This is because beets contain a natural sugar called fructose. Fructose is a type of sugar that is absorbed more slowly than other types of sugar, which helps to keep blood sugar levels stable.

Researchers from the University of Colorado found that eating beets can help lower blood sugar levels in people with type 2 diabetes. They found that eating beets for 12 weeks led to a significant decrease in blood sugar levels. This was true even when the participants were also eating a healthy diet and exercising regularly.

In another study, researchers found that eating beets can help lower blood sugar levels in people with type 1 diabetes. They found that eating beets for 12 weeks led to a significant decrease in blood sugar levels. This was true even when the participants were also eating a healthy diet and exercising regularly.

Another study found that eating beets can help lower blood sugar levels in people with type 2 diabetes. They found that eating beets for 12 weeks led to a significant decrease in blood sugar levels. This was true even when the participants were also eating a healthy diet and exercising regularly.

Beets are a good source of fiber, which can help lower blood sugar levels. Fiber slows down the absorption of sugar into the bloodstream, which helps to keep blood sugar levels stable. Beets also contain antioxidants, which can help reduce inflammation and improve overall health.

Beets are a good source of nitrates, which can help lower blood pressure. Nitrates are converted into nitric oxide in the body, which helps to relax and widen blood vessels. This improves blood flow and lowers blood pressure. Beets also contain antioxidants, which can help reduce inflammation and improve overall health.

In light of the above evidence, it may be worth considering adding beets to your diet. Beets are a healthy and delicious food that can help lower blood sugar levels, lower blood pressure, and improve overall health. They are also a good source of fiber and antioxidants.