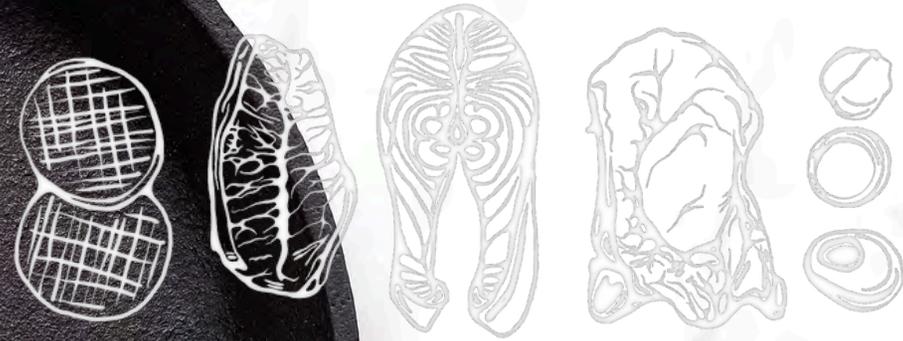


PROTEIN

Pro-tein is a **macro (large) nutrient** that the body needs for building muscle, repairing tissue, keeping our immune system strong, regulating hormones and much more. **Eating protein helps slow digestion** which stabilizes the rise and fall of blood sugars leading to improved diabetes management.

ANIMAL SOURCES



NON-ANIMAL SOURCES



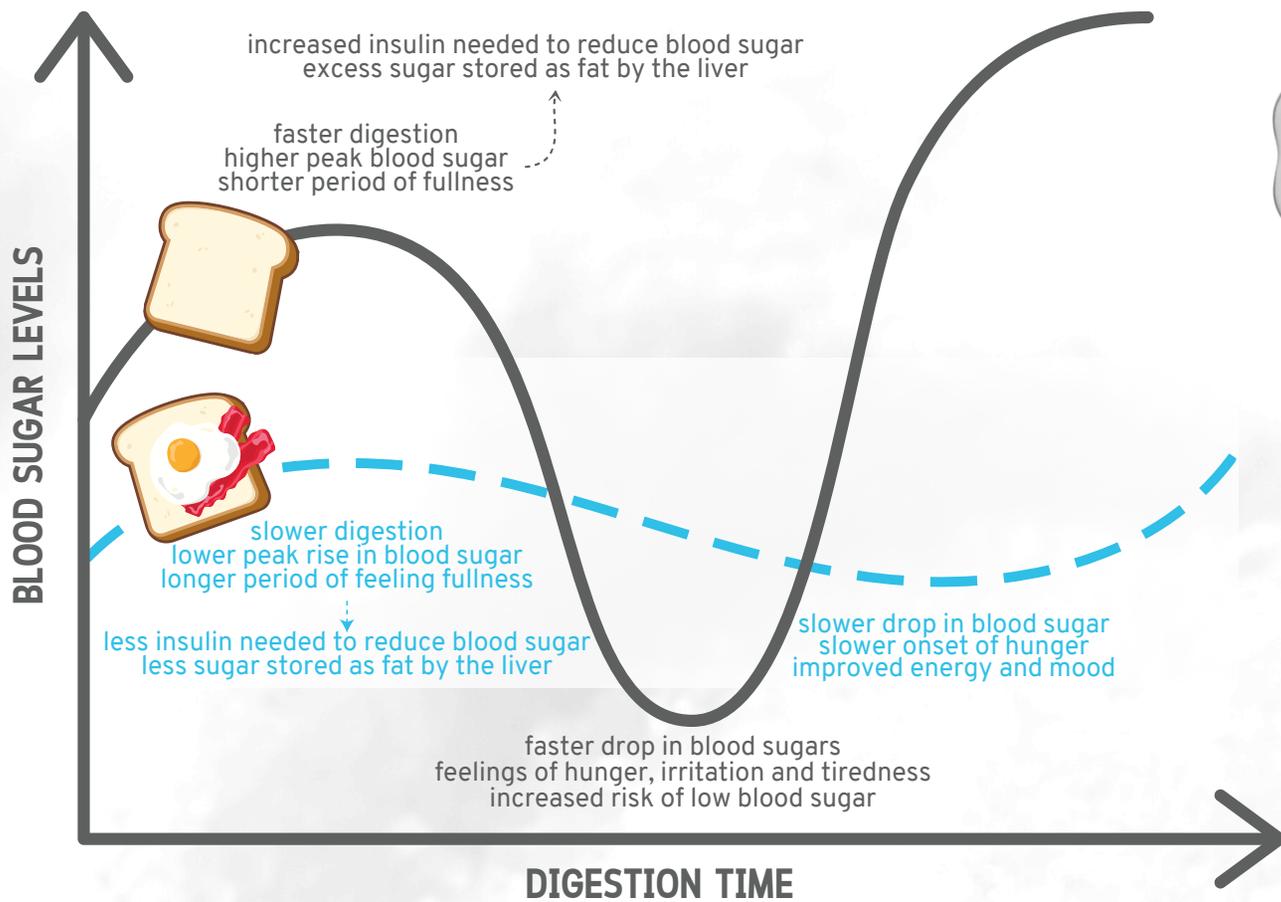
WHY IS PROTEIN IMPORTANT FOR MANAGING BLOOD SUGARS?

Eating protein at meals and snacks slows down sugar absorption in your bloodstream ... this prevents rapid spikes in blood sugar and helps stabilize blood sugar levels



National
Indigenous
Diabetes
Association

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SATIETY (FULLNESS)
 Protein helps you feel full for longer

DIGESTION TIME
 Protein takes longer to digest than carbohydrates causing a gradual, steady rise in blood sugar levels

ALWAYS ADD A SOURCE OF PROTEIN

For more nutrition information, refer to the National indigenous diabetes association **"CARBOHYDRATES"** resource on which food digests into sugar



ADD PROTEIN THEY SAY

IT WILL IMPROVE YOUR BLOOD SUGARS THEY SAY!