

Diabetes Hints on Vegetables (Wathóthoka)

**Vegetables that raise
blood sugar:
corn, peas, potatoes,
pumpkin and winter
squash**

**For great flavor,
roast vegetables
and add spices,
oils and herbs**

**Use green, leafy
vegetables as a
wrap instead of
tortillas or buns**

**Keep fresh and
prepared vegetables in
the refrigerator for an
easy snack or use in
cooking**

**Use spiraled zucchini in
place of spaghetti noodles
or cooked and mashed
cauliflower in place of
potatoes**



MISSOURI BREAKS
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