

Snack Ideas That Contain Healthy Fats

Olives

Nuts

Seeds

Roasted seaweed

Hidden Places for the No-No's for Oils in Your Food

When you eat your food, you have a reasonable expectation that what you eat is good for you. But when you eat processed foods, it's quite possible that it has the very ingredients you want to avoid.

Read labels of all processed foods so you are a **savvy Blood Sugar Whisperer**. It's critical to your health and wellness.

List of Oils to Eliminate - These Are No-No's
Trans fats of any kind
Hydrogenated fats
Partially hydrogenated fats
Lard
Fatback, other concentrated animal fats
Re-used or recycled oils - cook with oils only once! Not 3,4 times.

Here's why this is important.

These unhealthy fats and oils do direct damage to your body, including your blood vessels. As a person with blood sugar issues, especially Type 2 diabetes or prediabetes, you simply can't afford to ignore this issue.

These unhealthy types of fats accelerate the damage already being done to your body by chronically high blood sugar. These toxins speed up the harm. This means you lose time to heal from the original problems of high blood sugar.

Once we know better, we do better.