

## **Blood Sugar, Green Leafy Vegetables, “Hangry” and Food Preferences**

Do you know what the word “hangry” means? It means “hungry” and “angry”. Not a good thing at all. If this describes how you often feel, then you know the feeling of being both hungry and angry at the same time. It doesn’t feel good.

But with blood sugar issues, especially being diabetic and overweight or obese, hangry may be all too familiar.

So here’s how eating green leafy vegetables can help banish feelings of being hangry for good.

- 1. Green leafy vegetables don’t disrupt blood sugar.** Greens help keep blood sugar more even, which helps avoid blood sugar spikes and blood sugar crashes. This avoids being on a blood sugar roller coaster from moment to moment.
- 2. Eating higher fiber foods, like vegetables and seeds, can help** with avoiding the big spikes in hunger that also shift your mood and lead to feeling hangry.
- 3. Greens contain fiber that helps you to feel full and satisfied when you eat.** When you can tell you’ve had enough to eat, without overeating, you quell the beginning stages of feeling hangry.
- 4. Eating leafy green vegetables helps shift your food preferences towards healthier food choices.** Eating junk simply doesn’t taste as good as it once did.
- 5. Eating greens fills you up, crowding out having room for eating junk.** You can tell you are full and don’t really have room for the junk food.
- 6. Eating leafy greens is a step in the right direction for feeling better overall,** including enjoying a more even mood. No one likes to feel like their emotions are on a whipsaw due to what they ate. Banish hangry – eat more leafy greens!

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