

## GET TO KNOW CARBOHYDRATES

- It's no secret that carbohydrates or "carbs" impact your blood sugar. Have you ever wondered if you should cut back on the amount of carbs that you eat? If you have, you are not alone.
- Every food is created from three main nutrients: protein, fat, and carbohydrates. Your body needs all three to function properly and stay healthy, but each person needs a different amount.
- When choosing carbohydrates it is a good idea to choose complex carbs because they have a high amount of vitamins, minerals, and fiber. They also digest more slowly which is less likely to cause a rapid rise in your blood glucose levels.



## WHAT FOODS CONTAIN COMPLEX CARBOHYDRATES?

- Fruits and vegetables such as apples, onions, yams, berries, and tomatoes.
- Whole grains such as brown rice, 100% whole grain bread, oatmeal, and quinoa.
- Legumes such as beans and lentils.

## TIPS FOR LOWERING YOUR RISK OF TYPE 2 DIABETES

### **Small changes make a big difference**

- Increase physical activity
- Eat a diet rich in fiber
- Manage stress
- Get to or maintain a healthy weight
- Check in regularly with your doctor

# Taco Soup

Prep Time: 10 min

Cook time: 30 min

Servings: 3

Recipe by Liz Thomson

## Ingredients

- 1 (15 oz) can diced tomatoes
- 1/2 (15 oz) can black beans
- 1/2 (15 oz ) can pinto beans
- 1 cups vegetable broth
- 1/2 cup water
- 1/2 cup corn (fresh, frozen, or canned is fine)
- 1/2 packet Taco Seasoning
- Optional toppings: avocado, feta cheese, tortilla strips, fresh cilantro, and sour cream



## Instructions

1. In a large pot, add your diced tomatoes and begin cooking over medium heat.
2. Rinse and drain the black and pinto beans and add to the pot.
3. Add the vegetable broth and water. Stir until mixed.
4. Add corn and Taco seasoning.
5. Cook over medium-low heat for 15 minutes until heated through.
6. While that cooks, prep your toppings.
7. Pour into bowls and serve!