



降低高血糖该避免或减少摄取的食物  
Foods to avoid Or Least intake for lowering High blood sugar

哪些食物我们需要避免或少吃以降低高血糖?  
What foods we need to avoid or take less for lowering High blood sugar?

少吃以降低高血糖?  
for lowering High blood sugar?

What are the worst foods that raise High blood sugar? Learn more at this video link:

[https://youtube.com/shorts/o\\_KKzdZ\\_PdY](https://youtube.com/shorts/o_KKzdZ_PdY)