



A 降低高血糖的饮食建议
Dietary Recommendation for lowering High blood sugar

选择健康的脂肪食物和摄取多纤维，因为它可以降低食物的升糖指数。
Choose healthy fats foods and consume more fiber because they can help to lower the GI of foods.

选择健康的脂肪食物和摄取多纤维
Choose healthy fats and consume more fiber

哪些食物可以快速降低高血糖？按此视频链接以了解更多：<https://youtube.com/shorts/Lv2ZYciZdZg>