

**Eat foods rich in fiber** - Generous amount of vegetables of all kinds 5-6 cups a day, minimize root vegetables ( potatoes ) which contain more carbohydrate. Colored fruits and vegetables are the richest sources of micronutrients – minerals, vitamins, and cleansing antioxidants. The vegetables should be eaten half raw as salads, and half-cooked. Do not overcook the vegetables at high heat and under high pressure (such as pressure cooking). High temperature and high-pressure cooking makes food more glycemic and destroys the nutritional value of the foods.