

Eat Herbs and spices-The herbs and spices which minimize insulin resistance are Fenugreek seeds, Turmeric, Ginger, and Cinnamon. The sprouted grains, legumes, and seeds (Fenugreek, whole moong, Bengal gram –Kala chana, and peanuts with skin) have a high concentration of proteins, minerals, and antioxidants which help in minimizing inflammation and Insulin resistance.