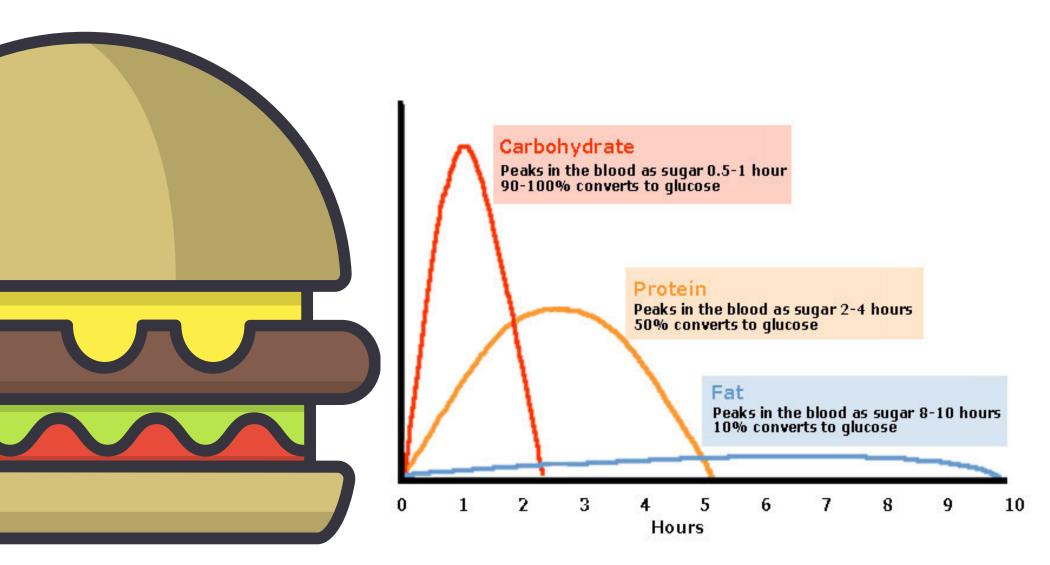
THE HELPFUL HAMBURGER

Carbohydrates, Proteins, and Fats all are digested differently in the body. Combination foods that contain all three components slows digestions and leaves you feeling fuller longer (satiety).



https://www.diabetes-support.org.uk Created by: Yanci Yeater TTU Dietetic Intern