



Is wheat chapati a healthy choice for diabetics?

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Whole wheat is rich in fiber, vitamins, and minerals while contributing to better digestion and overall health. Fiber, in particular, plays a crucial role in slowing down the absorption of glucose, helping to manage blood sugar levels.

Tips for a Diabetic-Friendly Chapati:

1. Opt for Whole wheat
2. Use minimal oil while cooking
3. Two rotis per meal is a standard dietary norm

In summary, incorporating chapati made from whole wheat flour can be part of a well-rounded diet for individuals managing diabetes.

At **Freedom from Diabetes**, we advocate the 25% formula, comprising 25% dal, 25% vegetables, 25% salads, and 25% grains. This formula has proven effective, with over 15,000 individuals successfully reversing diabetes and becoming medicine-free.

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