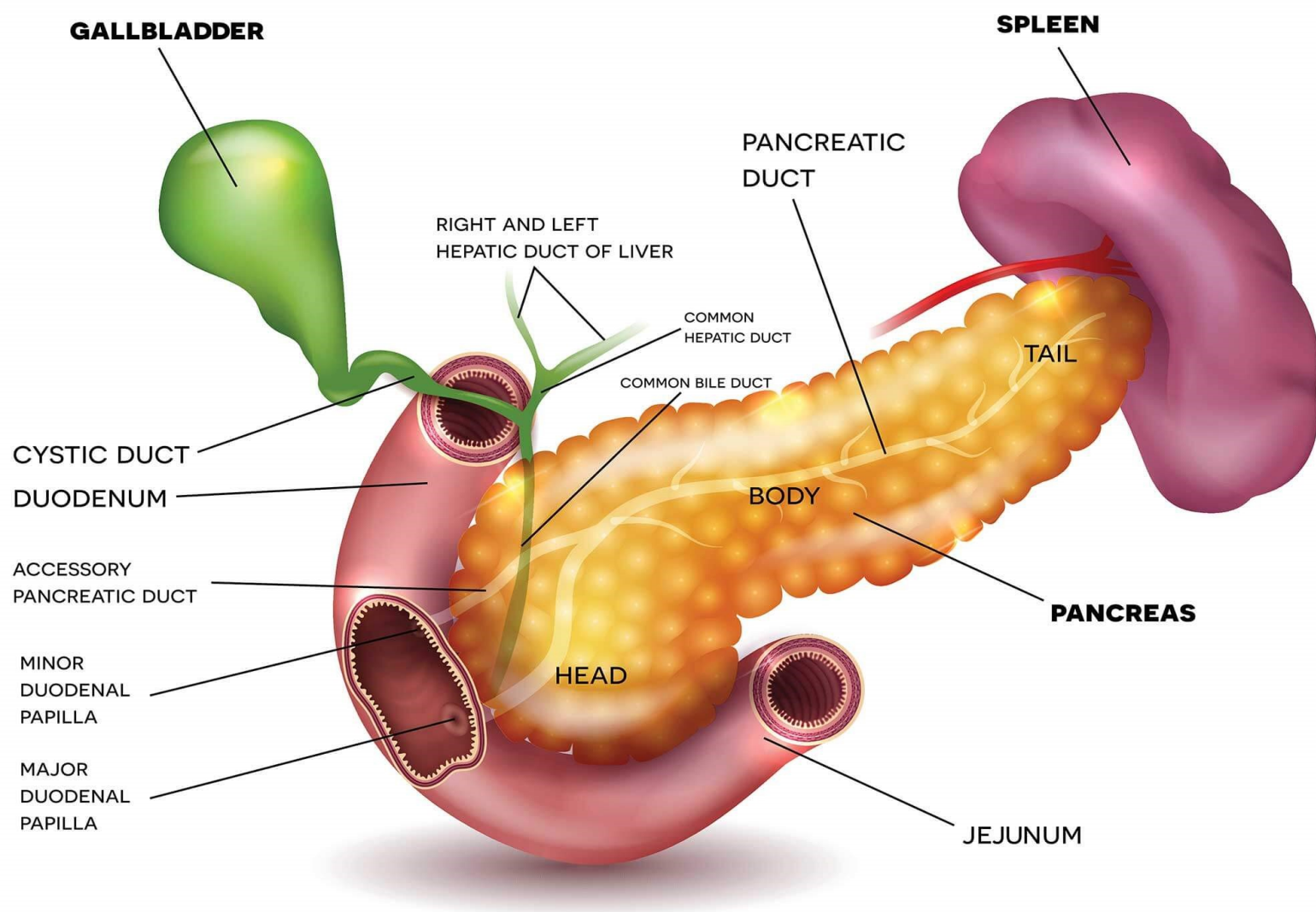


# The Pancreas

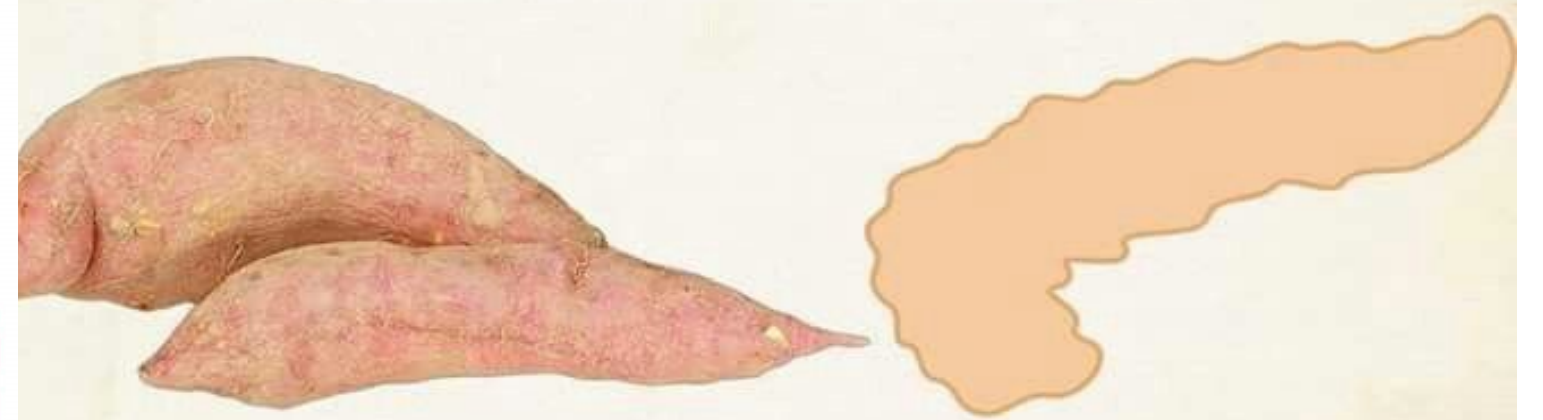
## What To Eat For Better Management

### PANCREAS



### GOD'S PHARMACY IS AMAZING

## SWEET POTATOES



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

### Healthy Pancreas

- . Sweet potato
- . Leafy green vegetables
- . Purple-skin fruits
- . Turmeric root
- . Licorice root
- . Probiotics
- . Cruciferous vegetables
- . Garlic
- . Reishi mushrooms
- . Ginger



### Foods to Limit

- . Red meat
- . Organ meats
- . Fried foods
- . Fries and potato chips
- . Mayonnaise
- . Margarine and butter
- . Full-fat dairy
- . Pastries and desserts with added sugars



### Roasted Sweet Potatoes with Feta and Cranberries

Cook time: 35min  
Serving size: 5

#### Ingredients:

- . 5 sweet potatoes peeled and cut into cubes
- . 3 tbsp olive oil
- . 1/4 tsp oregano
- . 1/4 tsp garlic powder
- . Salt and pepper to taste
- . 1 cup fresh cranberries
- . 1/2 cup crumbled feta cheese

