

Cinnamon

Cinnamon is a very delicious spice that has many great health benefits. Particularly, cinnamon is very well-known for its ability to reduce the risk of diabetes and pre-diabetes in some individuals. Research has determined that cinnamon helps to reduce fasting blood sugar levels and lower the risk of insulin resistance.

It is recommended that 1-6 grams (approximately ½ to 2 teaspoons) of cinnamon per day is the most effective and beneficial amount to consume. Try adding some to your food today!

Add a touch of cinnamon to:

- Whole grain toast with almond or nut butter
- Whole grain oatmeal
- Steel-cut oats
- Whole grain cereal
- Sliced apples
- Curries and chili
- Tea and coffee
- Smoothies



Did you know?

There are 2 different kinds of cinnamon.

- *Ceylon cinnamon* is considered the *true cinnamon* that is only native to a tree found in Sri Lanka.
- *Cassia cinnamon* is the more commonly used variety of cinnamon. It is cultivated in southern and eastern Asia and is more readily available at your local grocery store.