

10 Easy Ways to Balance Your Blood Sugar



↓ Blood-Sugar Spiking Foods

1 'Sugar' isn't the only thing that can spike your blood sugar. Refined carbohydrates, like white bread, as well as fruit and starchy vegetables act like sugar when they are digested.

Slow Down Digestion

3 Include protein, fat, and fiber in every meal – even snacks – to slow down digestion and the rate at which carbs and sugar enter your blood stream.

Eat Your Veggies

5 Non-starchy vegetables are naturally low in sugar and contain fiber, which slows the absorption of sugars in foods that are eaten at the same time. Plant foods also contain phytonutrients that reduce inflammation.

Rethink Breakfast

7 Many breakfast foods – pancakes, muffins, flavored yogurt – are high in refined carbohydrates. Think outside the box in the morning. Last night's leftovers, or a tossed salad with protein, will set you up for blood sugar control all day long.

Reduce Stress

9 Stress raises the level of cortisol in your blood. Chronic cortisol elevation can lead to blood sugar dysregulation and insulin resistance, as well as reduce your immune system's ability to fight inflammation.

Read Labels

2 Prepared and processed foods often contain multiple ingredients that are just different forms of sugar. Any ingredient that ends in '-ose' is a sugar. Agave, syrups and honey have the same impact as sugar.

Don't Drink Your Sugar

4 Sweetened drinks like soda, sports drinks, prepared coffees, and juices can contain 40+ grams of sugar with no other nutrients to slow down the impact on your blood sugar.

Fat is Your Friend

6 Fat adds flavor, increases the feeling of being full, regulates your hunger hormones, and slows the entry of carbohydrates into your bloodstream. Choose healthy fats like olive oil, avocados, and nuts.

Take a Walk After Eating

8 Several studies have shown that light exercise - as little as 15 min of walking - after a meal can dampen the blood-sugar response. Your dogs will love you for it!

Get a Good Night's Sleep

10 Sleep deprivation can reduce your ability to regulate your blood sugar and decrease insulin sensitivity. Lack of sleep also affects the 'hunger hormones' ghrelin and leptin, which may make you hungrier in the morning.

For more ways to balance your blood sugar and personalized support to achieve your health goals, schedule a Free Consultation at:
realfoodpower.com/work-with-me