



# Blood Sugar Hacks

Simple strategies to help stabilize blood sugar levels, manage insulin, support weight control, and lower the risk of illness.

# BLOOD SUGAR AND INSULIN CONTROL

Our blood sugar levels play a crucial role in regulating insulin, a vital hormone that helps maintain balance among all our hormones. Here's what you need to know to keep your blood sugars in check.



## Plenty of quality protein, healthy fat, and fiber

This is where blood sugar control starts. A diet high in quality protein (ex: wild caught fish, pasture raised eggs, grass fed beef, chicken, beans), healthy fats (ex: nuts, seeds, olive oil, fatty fish), and natural fiber (ex: non-starchy vegetables), will promote blood sugar control. If eating a packaged food high in carbohydrates, look for 5:1 ratio of carbohydrates to dietary fiber.



## Prioritize the first meal of the day

Breakfast time (whether that be at 6am or 11am) is when our bodies are the most reactive to sugar. Eating a breakfast high in healthy fat and protein, and low in carbohydrates, can improve our blood sugar balance throughout the day. Go for the savory breakfast over the sweet options.



## Rearrange the Food on Your Plate

To help reduce blood sugar spikes by up to 70%, start by consuming your fibrous vegetables, followed by healthy fats and proteins, and finally any starchy or carbohydrate-rich foods. This simple strategy yields impressive results. If your meal is mixed together, begin with a side salad. If you choose to have bread or a sugary beverage, reserve it for the end of your meal.



## Consider Adding Vinegar

Consuming vinegar before a meal can help reduce blood sugar spikes by as much as 30%. Try mixing 1 tablespoon of vinegar with a 12-ounce glass of water prior to your meal to lessen this spike. Any food-grade vinegar will suffice. If you are pregnant, it's best to steer clear of apple cider vinegar, as it is typically unpasteurized. Alternatively, you can drizzle the vinegar over a bed of leafy greens at the beginning of your meal to help mitigate the spike.

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## Reduce Snacking

Opting to wait for your next meal instead of snacking helps your blood sugar and insulin levels return to their baseline. This is crucial for enhancing insulin sensitivity. When insulin levels remain consistently high, our bodies become less responsive, requiring even more insulin to achieve the same results. This can adversely affect our reproductive hormones. Make sure your meals are balanced with adequate fiber and protein, and choose water or tea instead!



## Move After Eating

Engaging in physical activity or taking a walk post-meal helps lower blood sugar spikes and enables muscles to absorb more sugar from the bloodstream naturally, without the need for insulin. It's a beneficial practice! If possible, consider going for a walk or doing squats after eating aiming for at least 5-10 minutes of movement within an hour of eating.



## Incorporate Healthy Fats or Proteins with Your Carbohydrates

When you find yourself snacking or indulging in dessert, consider adding healthy fats or proteins. This strategy helps slow down the absorption of carbohydrates from the gut into the bloodstream. For instance, you could spread peanut butter on an apple or cracker, or add a spoonful of greek yogurt to your dessert. This approach also aids in keeping you fuller for a longer period.



## Examine the Label

Sweeteners, including artificial calorie-free options, can boost our insulin release and may contribute to insulin resistance. If a product has a sweet taste, it likely affects your insulin levels. It's wise to steer clear of artificial sweeteners, as they can harm our gut microbiome. Instead, consider using your own flavorings in beverages like seltzer water or opt for stevia or monk fruit, which are zero-calorie sweeteners that won't impact blood sugar levels. Although barley malt may seem innocent, it is simply another term for sugar.