



## Strategies to Balance Blood Sugar

- 1. Don't skip breakfast.** Breakfast is the most important meal of the day and jump-starts your metabolism. Instead of bread, cereal, and pastries eat PROTEIN for breakfast such as peanut butter, almond butter, chicken, sausage, lean red meat, or eggs. Also, eating dinner for breakfast can be a great idea. An ideal breakfast could be whole-wheat toast with avocado, eggs, or peanut butter.
- 2. Eat regularly throughout the day.** Skipping meals is STRESSFUL. Stress stimulates cortisol. Cortisol causes a raise in blood sugar. The pancreas responds by secreting insulin. So what is the best eating strategy for timing your meals? Is it eating 3 moderate meals a day? Or is it eating 5 smaller meals throughout the day? The truth is that each body is different. If you need a snack eat a handful of nuts or have some protein.
- 3. Protein, Fat, Fiber for Slow Fuel.** Include healthy sources of protein, fat, and fiber at every meal. Fiber, in particular, will help to regulate your body's insulin response to the dietary carbohydrates or sugars that you have consumed. Fiber comes from a plant-based diet.
- 4. Do NOT avoid healthy fats.** The key is to eat healthy, natural fats. Examples include: olive oil, fish oil, nut oils, avocado.
- 5. WATER.** It is not uncommon to think you are hungry when you are actually thirsty due to dehydration. A good guideline is to drink  $\frac{1}{2}$  your body weight in ounces of water daily.
- 6. Avoid the PROBLEM CARBOHYDRATES** that contribute to so many health problems:
  - Common table sugar, honey, maple syrup, and any other added sweeteners
  - Refined grains like white pasta, white bread, white rice
  - Pure fructose from fruit juices and foods containing high fructose corn syrup
  - Cookies, Candy, Chips
  - Pastries
  - Soda pop
  - Alcoholic beverages

7. It is essential to **practice stress management techniques daily** such as deep breathing, yoga, walking outside, going to church, talking with a trusted friend, playing with a pet, and gentle exercise.

8. **Move every day**, at least 30 minutes, ideally 60-90 minutes, doing something you enjoy. Daily movement is a non-negotiable. Exercise will stimulate and build muscles that will improve insulin sensitivity not only during the exercise but all day long.

9. **Sleep.** Maintaining a healthy sleep/wake cycle is essential to health and to maintaining a healthy weight. Hormone balance depends on sleep routine.

*Adapted from Food As Medicine Institute. Created by Dr. Eli Morales, 2014*