



Blood Sugar Hacks

These easy-to-implement strategies help reduce blood sugar spikes and keep insulin levels stable, which is essential for blood sugar control and preventing diabetes-related complications.

BLOOD SUGAR AND INSULIN CONTROL

Our blood sugar levels regulate our insulin level, which is an incredibly important hormone in keeping all of our hormones in balance. Here is what is necessary to balance our blood sugars.



Eat plenty of quality protein, healthy fat, and fiber

This is the foundation of effective blood sugar management. A diet rich in high-quality proteins (such as wild-caught fish, pasture-raised eggs, grass-fed beef, and organic beans), healthy fats (including nuts, seeds, olive oil, and fatty fish), and natural fibers (like non-starchy vegetables) will support blood sugar control. When opting for packaged foods that are high in carbohydrates, aim for a 5:1 ratio of carbohydrates to dietary fiber.



Prioritize the first meal of the day

Breakfast time, whether it's at 6 a.m. or 11 a.m., is when our bodies respond most strongly to sugar. Consuming a breakfast rich in healthy fats and protein while being low in carbohydrates can enhance our blood sugar stability throughout the day. Opt for savory breakfast choices rather than sweet ones.



Re-organize the food on your plate

By consuming your fibrous vegetables first, followed by healthy fats and proteins, and finally any starchy or higher carbohydrate foods, you can reduce blood sugar spikes by up to 70%. This is an incredible outcome from a straightforward strategy. If your plate is a mix of items, begin with a side salad. If you need to have bread or a sugary beverage, reserve it for the end of your meal.



Consider adding vinegar

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

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Add in fermented foods

Adding fermented foods to your diet, like yogurt, kefir, and sauerkraut, can improve insulin sensitivity and help balance blood sugar. The probiotics in these foods support a healthy gut microbiome, which plays a critical role in regulating glucose metabolism and reducing inflammation, both of which affect blood sugar levels.



Hydration matters

Staying hydrated is essential for blood sugar regulation. Dehydration can lead to higher blood sugar concentrations because there's less fluid in the bloodstream, making it harder for your body to process glucose efficiently. Drink water consistently throughout the day to support proper glucose metabolism and help flush out excess sugars.



Sleep

Lack of sleep can interfere with your body's ability to regulate blood sugar by affecting insulin sensitivity. Prioritizing 7-8 hours of quality sleep each night can help keep blood sugar levels stable and reduce the risk of insulin resistance.

Manage Stress

High levels of stress can cause spikes in cortisol, a hormone that raises blood sugar levels. Incorporating stress management techniques like deep breathing, meditation, or yoga can help regulate cortisol levels and improve overall blood sugar control.



Resistance Training

Incorporating resistance training (like weightlifting or bodyweight exercises) into your routine helps build muscle mass, which can improve glucose uptake. The more muscle you have, the better your body becomes at storing and using glucose, leading to improved blood sugar control.

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Avoid or minimize snacking

Refraining from snacking and waiting for your next meal helps your blood sugar and insulin levels return to baseline. This process is essential for enhancing our insulin sensitivity. When insulin levels remain consistently high, our bodies become less responsive, requiring additional insulin to achieve the desired effect. This can adversely affect our reproductive hormones. Opt for water or tea instead!



Move after eating

Engaging in exercise or taking a walk after a meal helps to lower the blood sugar spike and enables our muscles to absorb more sugar from the bloodstream without relying on insulin. This is highly beneficial! If you have the opportunity, consider going for a walk or doing some squats following your meal.



Add fat to your carbs

If you find yourself snacking or enjoying dessert, consider incorporating healthy fats. This addition helps slow the absorption of carbohydrates from your digestive system into your bloodstream. For instance, you can spread peanut butter on an apple or cracker, or mix a spoonful of Greek yogurt into your dessert. This not only enhances the flavor but also helps you feel fuller for a longer period.



Check the label

Sweeteners, including calorie-free artificial ones, can elevate our insulin production and may contribute to insulin resistance. If a food or drink tastes sweet, it probably affects your insulin levels. It's wise to steer clear of artificial sweeteners, as they can harm our gut microbiome. Instead, try enhancing the flavor of beverages like seltzer water with your own additions. Be mindful of the many deceptive names for sugar—barley malt, for example, may sound innocent, but it is simply another form of sugar.



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