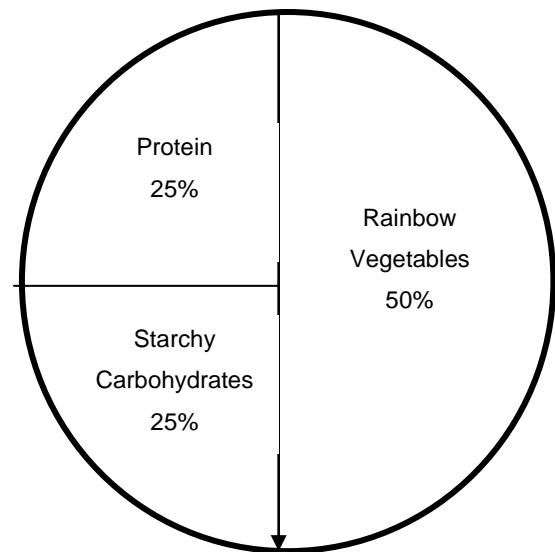


Balance Blood Sugar

1. Follow plate guide →



2. Always eat breakfast

3. Always combine protein (meat, fish, eggs, nuts, seeds, tofu etc) when you eat a starchy carbohydrate (potatoes, rice, bread etc) and when you eat a piece of fruit

4. Eat little and often (about every 2 to 3 hours)

5. Drink 2 litres (8 glasses) water per day

6. Chose foods as they are found in nature

- Whole-foods (e.g. brown rice) rather than refined foods (white rice)
- Fresh fruit rather than dried fruit, puddings or confectioneries
- Water or diluted fruit juice (50:50) rather than fizzy drinks squash or energy drinks
- Avoid caffeine particularly coffee and strong tea
- Reduce Alcohol to maximum 1 glass per day
- Avoid foods advertised as 'low fat', they are often high in sugar

7. Exercise – good 20 minute walk daily

8. Set priorities to reduce busyness

~Extra Notes~

1. Follow plate guide

Vegetables are full of vitamin and minerals needed for efficient metabolism. Protein, like fibre, slows down the rate at which glucose (sugar) from a meal or a snack is released into the blood.

2. Always eat breakfast

After a night of fasting, blood sugar levels are low therefore breakfast is needed to give your body energy for the day ahead.

3. Always combine protein (meat, fish, eggs, nuts, seeds, tofu etc) when you eat a starchy carbohydrate (potatoes, rice, bread etc) and when you eat a piece of fruit

See explanation for 'follow plate guide'

4. Eat little and often (about every 2 to 3 hours)

Eating small regular meals with snacks in between will ensure glucose is released gradually and steadily into the blood reducing sugar influxes.

5. Drink 2 litres (8 glasses) water per day

Water supports blood sugar balance but diluting blood glucose levels. Approximately 2.8 litres of water is lost through sweating, exhaling, passing urine and bowel movements, and this need to be replaced for the body to function properly.

6. Chose foods as they are found in nature

- Whole-foods (e.g. brown rice) rather than refined foods (white rice)
- Fresh fruit rather than dried fruit, puddings or confectioneries
- Water or diluted fruit juice (50:50) rather than fizzy drinks squash or energy drinks
- Avoid caffeine particularly coffee and strong tea
- Reduce Alcohol to maximum 1 glass per day
- Avoid foods advertised as 'low fat', they are often high in sugar

7. Exercise – fast 20 minute walk daily; weight bearing exercise (3 x week); raise heart beat for 20 minutes (3 x week)

Building muscle through exercise helps glucose storage therefore supporting blood glucose regulation

8. Set priorities to reduce busyness

Stress releases adrenaline which tells your body to rapidly release glucose into the blood for a fight/flight response. This causes blood glucose to rapidly rise and fall.