

# NOURISHMENT

## 5 TIPS TO BETTER CONTROL BLOOD SUGAR

Maintaining blood sugar levels over the course of the day can help us feel more satiated after meals and maintain consistent energy levels. Try these recommendations to prevent significant blood sugar spikes or drops throughout the day.

**Know your carbohydrate sources and be mindful of portions.** Carbs are found in foods made from grains (cereal, breads, pasta, baked goods, and grains themselves), dairy products, beans, starchy vegetables (potatoes, corn, winter squash), fruit and fruit juices, and sweets like candy and sugar-sweetened beverages. One serving (1 slice of bread or ½ cup pasta or cooked grains) is 15 grams of carbs, so be aware of the number of servings you're eating per meal.

**Combine carbohydrate-rich foods with sources of healthy fats and proteins.** When eaten in combination with carbohydrate-rich foods, fat and protein can slow how quickly the carbs are broken down into sugar and absorbed, helping you feel fuller longer.

**Look for whole grains.** Compared to refined grains like white rice and white flour, whole grains have more of that beneficial healthy fat and fiber.

**Hydrate with water.** The simple sugars in sodas, sports drinks, and even fruit juices are rapidly digested and absorbed. Water and other unsweetened beverages won't raise blood sugar.

**Move daily.** Exercise can help lower blood sugar for up to 24 hours while also increasing insulin sensitivity. For an especially beneficial work-out, taking a walk within 90 minutes of a meal will specifically help lower your blood sugar from that particular meal.



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