Nutrition Tips for Better Energy & Blood Sugar

Small changes to **what you eat, when you eat, how you move,** and **how you rest** can support steadier blood sugar and energy.

1 Build a Balanced Meal

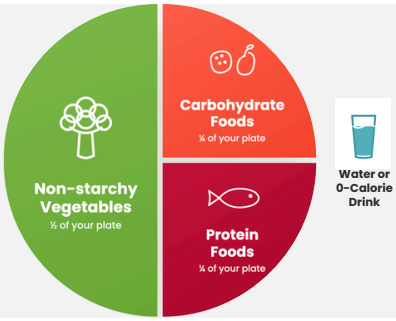
You don't need to avoid carbohydrates. **Pairing carbohydrates with protein, healthy fat, and fiber can help support steadier blood sugar and energy.**

Build Your Plate:

- ½ Non-Starchy Vegetables
- ¼ Protein
- ¼ Carbohydrate
- Water or a 0-calorie drink

Try This:

- Include **protein** + **fiber** at every meal.
- Pair carb-containing foods with **protein** and/or **healthy fat.**
- When possible, eat vegetables and protein before carb-rich foods.
- Use the plate method to guide portions.



FIBER
vegetables • beans • whole grains • berries • nuts • seeds

PROTEIN
poultry • fish • eggs • tofu • beans • yogurt • lentils • meat

CARBS
rice • quinoa • oats • potatoes • whole-grains • plantains • bread

2 Meal & Snack Timing

When and how often you eat can affect blood sugar and energy. A more consistent eating pattern may help reduce large swings in hunger and energy.

Try This:

- Eat on a **regular schedule** as much as possible.
- Avoid long gaps between meals that lead to overeating later.
- Notice how long you currently go between your last food at night and your first food the next day. If appropriate for you, start with a goal of ~**12-hour overnight break from food.**
- If nighttime snacking is a habit, replace it with another evening routine like reading, family time, going outside, calling a friend or relaxing.

7 AM Breakfast → 12 PM Lunch → 6 PM Dinner → 🌙 Overnight break → 7 AM

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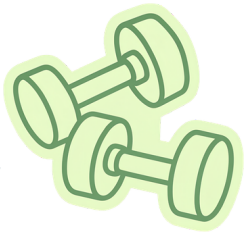
3 Movement is like Medicine

When you move, your muscles use sugar from the foods you eat as fuel. **Regular physical activity helps your body get better at using this fuel and managing the amount in your bloodstream.**



Try This:

- A **10–15-minute walk within 30 minutes of a meal** helps your muscles use up blood sugar. *(Hint: especially helpful after a workday lunch meal!)*
- **No time for a walk?** Taking short breaks to stand up throughout the day helps you use glucose. Start with 2 minutes at the beginning of each hour.
- Aim for at least **30 minutes of moderate physical activity** on most days.
- Incorporate in **resistance exercise** 2x per week.



***Note**: If you're new to exercise, have concerns about your ability to exercise safely, or aren't sure where to start, consult with a qualified healthcare or exercise professional for personalized guidance.*

4 Sleep & Stress

Both poor sleep and ongoing stress can affect blood sugar.

SLEEP
Poor-quality or inadequate sleep can affect hormones involved in hunger and blood sugar regulation.

Try This:

- Create a consistent wind-down routine.
- Reduce electronics before bed.
- Finish eating earlier when possible.
- Keep a notepad nearby if thoughts keep you awake.



STRESS
Stress hormones can signal the liver to release more glucose, making blood sugar harder to manage.

Try This:

- Take short outdoor breaks during the workday.
- Practice deep breathing.
- Spend time in nature.
- Listen to music.
- Connect with others.
- Make time for creativity or relaxation.



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