

# Tips to Control Blood Sugar

- The average American (adult and child) gets an estimated 70g of sugar per day
  - Well above the RDA for women of 25g and men 35g
- 1) Eat a savory breakfast!
  - a. Protein at every meal (difficult to digest, boosts metabolism)
    - More: Oily fish and nuts (healthy fat), beans (vegetable protein, high fiber)
    - Less: Red and processed meats (saturated fats, sodium)
  - b. Whole grains (read labels): reduce starchy carb (limit to 3 servings per day)
    - Fiber (>4g), sugar (<4g)
  - c. Examples:
    - eggs, oatmeal, vegetables, whole grain toast (“dinner for breakfast”)
- 2) Consume a tablespoon of vinegar once per day!
  - a. 1 tablespoon of apple cider vinegar diluted in water (24 ounces)
    - Reduce blood glucose up to 20%
  - b. Drink water (flavor): sugar-sweetened beverages account for 33% of added sugar.
- 3) Add a plate of veggies to the start of your meal!
  - a. Do you know the most eaten vegetable?
  - b. “Strive for 5”
- 4) Move for 10 minutes after a meal!
  - a. Research: 15 minutes of easy-to-moderate exercise after every meal curbed risky blood sugar spikes all day.
- 5) Fasting!
  - a. Most likely not what you think (12-16 hours).
  - b. Supplement vitamin D (discuss with doctor)