

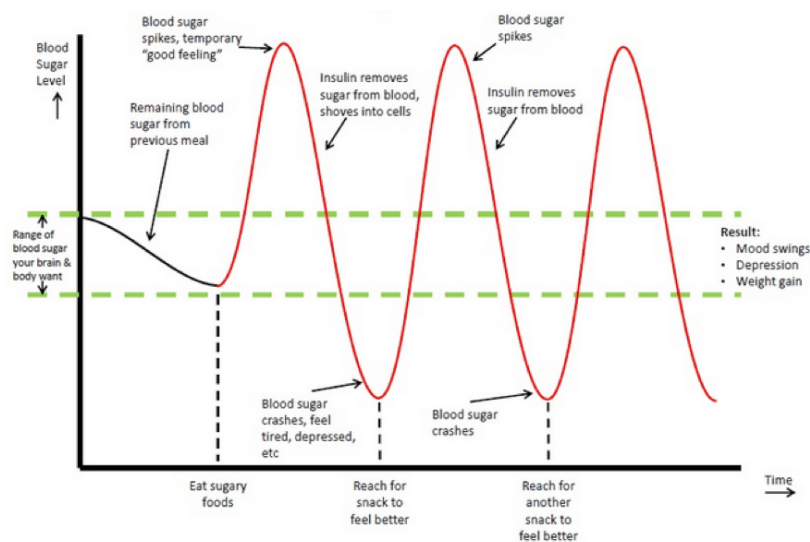
WHAT DOES BALANCING BLOOD SUGAR MEAN?

It means keeping yourself fuelled with the right nutrients to sustain you over time. Doing this involves eating appropriate amounts of good fats, protein and fibre in your meals and snack to keep you feeling full and preventing peaks and troughs of sugar in your blood. Your body has to work hard to buffer the extremes.

In the diagram below you can see where the blood sugar rises up high or drops down low- this is what we want to avoid. Highs happen for example after sugary foods or refined carbs eaten on their own such: sweets, biscuits, chocolate or white/refined foods especially if eaten on their own. Lows happen after missing meal or as the after effect of a high. The aim is to not have these peaks and troughs at all and stay between the two green dotted lines on the diagram with a steady blood sugar. Foods that enable this are those rich in fibre, protein and fat which hit the blood stream slowly and steadily preventing highs and lows. Even if you do have a food higher in sugar or refined carbs you can always combine it with something high in protein, fibre or fat it will buffer your blood sugar.

A few simple examples of food rich in

- Fibre: vegetables, whole grains, beans
- Protein: eggs, nuts and seeds, beans
- Fat: avocado, walnuts, olive oil



WHY BALANCE BLOOD SUGARS?

This can be very supportive for health as it has a knock-on effect on many areas including hormones, weight, cardiovascular health, stress and mood.

IDEAS FOR BALANCED SNACKS

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| • Yoghurt with berries | • Handful of roasted chickpeas | • Handful of trail mix |
| • Handful of almonds with a pear | • Buckwheat scone spread with coconut oil | • Hard-boiled egg |
| • Sliced apple with nut butter | • Nut butter and celery sticks | • Rice cake or oat cake nut butter |
| • Carrot sticks and hummus | | • Dates with tahini |
| | | • Handful of walnuts with half a banana |