



BALANCED
LIVING

LEVERAGE

Fitness Training & Nutrition

What is your blood sugar IQ?

- 1. HEALTHY FOODS DON'T RAISE BLOOD SUGAR?** TRUE OR FALSE
- 2. EVEN IF I FOLLOW MY TREATMENT PLAN PERFECTLY, I MAY HAVE HIGH READING** TRUE OR FALSE
- 3. ONCE YOU START USING INSULIN FOR TYPE 2 DIABETES, YOU'RE ON IT FOR LIFE.** TRUE OR FALSE
- 4. PEOPLE CAN ALWAYS TELL WHEN THEIR BLOOD SUGAR IS HIGH OR LOW.** TRUE OR FALSE
- 5. EVEN SOMEONE WHO IS OBESE CAN IMPROVE THEIR DIABETES BY LOSING A LITTLE WEIGHT.** TRUE OR FALSE

Answers:

1 False. Eating more than 45-60 grams of carbs per meal, no matter the source, can raise your sugar. Count carbs even if your are eating wholesome fruit, whole grains and starchy veggies like peas.

2. True. Factors such as stress, dehydration, certain medications and lack of sleep, can drive up blood sugar. Monitor your blood sugar often to catch and adjust spikes quickly.

3. False. Insulin can help people with type 2 diabetes gain control of their blood sugar. If they are able to achieve and maintain a healthy weight and incorporate a healthy physical activity into their everyday routine, they may be able to keep it controlled without insulin.

4.False. Feeling lightheaded often signals a drop in your sugar or frequent urination may mean your sugar is high. Don't always rely on bodily signals to tell you where your blood sugar is. The only way for sure is CHECK IT.

5. True. Losing about 7% of your body weight can improve your blood sugar and head off complications of diabetes, such as kidney problem and heart problems.

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