

Eating to Keep Insulin Low



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What is Insulin?

- Hormone made from your pancreas
 - Insulin release triggered by a rise in your blood sugar
- Tells your body to break down sugar in your blood and store it in fat, muscle, or your liver
 - How your body digests carbs
- Insulin sensitivity: how quickly your body reacts to a certain amount of insulin
 - What is insulin resistance?

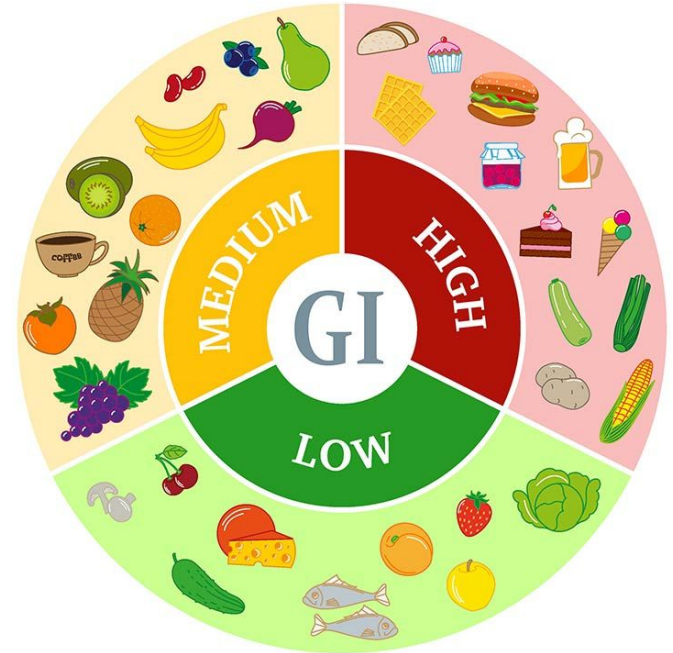
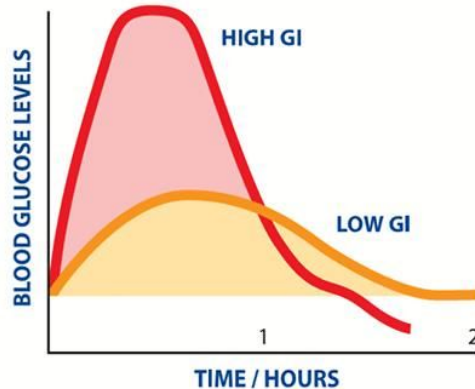


Different Macronutrient Goals

- Fats - Quality over quantity
 - Unsaturated is better - fish, nuts, avocado, oils
 - Saturated or Trans fats - fried foods
- Carbs - Sugar/starch. Aim to eat nutrient dense carbohydrates, ones with high fiber (fruits, vegetables, whole grains, legumes)
- Protein - Aim to eat lean sources
 - Chicken, fish, turkey rather than red meat
 - Protein Goals should be individualized (.8 g/kg per day)
- Fiber - 14 grams per 1000 calories
- Sodium - less than 2300 mg
- <https://www.calculator.net/macro-calculator.html>

Glycemic Index

- Foods that have similar carbohydrate content can have different impacts on your blood sugar
 - High Glycemic Index: Raises your sugar very quick and steep
 - Low Glycemic Index: Takes a long time to digest, slower/longer rise of sugar



Non-Nutritive Sweeteners (NNS)

- NNS are low calorie artificial sweeteners
- Advantage: Replacement of a sugar sweetened beverage
 - Water consumption is always the best choice
- Does not raise blood sugar, but no impact on control on blood sugar
- Overuse of NNS could alter your gut biome
 - Can cause GI problems
- Moderation is key!



Exercise

- Whether it's aerobic or resistance or just a simple walk, any exercise helps with insulin sensitivity and ultimately sugar control!
- Taking a quick walk after a meal helps with stabilizing sugars after a meal (more gradual and less extreme incline)



References

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