

Tips to Curb a Blood Sugar Spike

KetogenicWoman.com

Before You Eat

- Avoid foods high in sugar or carbs
- Avoid coffee and artificial sweeteners
- Drink more water to avoid dehydration
- Get enough sleep
- Avoid stress

While Eating

- Consider your options
- Eat the proteins and fats first
- Avoid any processed foods
- Avoid overeating
- Be aware of hidden sugars in condiments

After You Eat

- Take a walk right after eating to mitigate the rise
- Can't walk? Do squats or climb the stairs in your house
- Drink water right after eating
- Put on some music and dance

Meal Sequencing

- The order in which you eat your food, can impact your blood sugar levels
- Benefits Eating protein and/or fat before carbohydrates can:
 - 1. Slow down gastric emptying Increase the secretion of glucagon-like peptide-1 (GLP-1), which can help you feel full and satisfied for longer
 - 2. Reduce the risk of overeating 3. Improve post-meal blood sugar

NOTES:

- Make proper food choices!
- Know what causes a spike
 - Simple carbs vs Complex Carbs

NOTES:

Think before you eat and try to have a plan if you are at a special event or dinner

REVIEW YOUR WHY.

- Write it down on a piece of paper and put it in your pocket before you go.
- We sometimes forget or don't think about WHY we are doing this.

NOTE TO SELF

- Dance during the day for no reason at all, whether or not there is even music!
- Pet your Fur Babies!



