



## 8 Steps to Balancing Blood Sugar

1. Eat foods low on the glycemic index. These foods release energy SLOWLY into the bloodstream. Stick to a diet high in TRUE FOOD such as vegetables, legumes, some fruits (berries and stone fruits are best), whole grains, nuts and seeds, animal proteins, and natural fats.
2. Include a BALANCED snack in between main meals. This will allow you to stay nice and stable throughout the day. I always encourage protein-rich snack.
3. Eat some kind of protein with each meal. Protein is the most satiating macronutrient, meaning it releases energy slowly, which helps signal to the brain that you are full!
4. Eat breakfast. Make sure it includes a protein and a healthy fat. These satiating macronutrients are sure to keep your blood sugars stable and start you out on your day balanced and blissful.
5. Avoid sugar and refined carbohydrates. They're the main culprits of blood sugar spikes.
6. Avoid sodas and sweet drinks. They're filled with sugars, artificial sweeteners and preservatives that will inevitably lead to hormonal imbalance and a blood sugar spike.
7. Avoid artificial sweeteners. Even though artificial sweeteners contain no glucose, they can mimic sugar in your body.
8. Reduce stimulants such as caffeine, nicotine. They all cause our blood sugar to rise due to a spike in adrenaline.

