

## Six tips to lower your blood sugar

What causes high blood sugar? Eating too many refined, processed carbs (such as white bread products, white rice, sugary drinks and sweets) can raise your blood sugar levels. For some people, their body can't process sugar properly and this can lead to high blood sugar and even diabetes. The good news is that you can do something about it.

Here are the top six nutrition and lifestyle tips that can help you lower your blood sugar and manage or prevent type 2 diabetes:

### TIP #1: Keep a healthy weight.



Being overweight increases the risk of getting diabetes. But losing just 7% of your body weight can lower the risk of type 2 diabetes by almost 60%! To find out how many pounds you need to lose for a 7% weight loss, simply times your weight by .07. (Example: 200 pounds x .07 = a 14-pound weight loss.)

### TIP #2: Stay active.



Staying active will not only help manage your weight but it can also reduce your blood sugar levels. Research shows that exercising after a meal can lower blood sugar and improve insulin resistance. Try going for a 20-to-30 minute brisk walk after lunch or dinner.

### TIP #3: Skip refined carbohydrate foods and drinks.



Instead, choose whole grain products which have fiber and drink water or other unsweetened drinks.

### TIP #4: Eat more fiber-rich foods.



Eating foods that are high in fiber like fruit, veggies, whole grains and legumes (beans) can help keep your blood sugar stable and lower the risk of diabetes. These foods are also high in disease-fighting vitamins, minerals and antioxidants.

### TIP #5: Eat more unsaturated fats.



Research shows that replacing carbs and saturated fats (like those in full-fat dairy products and meats) with monounsaturated and polyunsaturated fats can improve blood sugar control. Good sources of monounsaturated fat include olive oil, peanut oil, avocados and most nuts. Foods high in polyunsaturated fat include flaxseed, walnuts, sunflower oil, safflower oil and fatty fish (such as salmon, tuna and sardines).

### TIP #6: Have lean protein with meals.



Unlike food with carbs, protein foods won't raise blood sugar levels. In fact, having protein-rich foods with meals and snacks can help keep blood sugars stable and prevent extreme hunger throughout the day. Eggs, fish, seafood, and lean meat and poultry are all good sources of protein.