5 Tips to Lower Blood Sugar

For Diabetics

Choose Whole Grains
Whole grain breads and pastas are typically darker in color.
Look for “whole grain” or “whole wheat” labels on breads and pastas.
Breads sometimes have visible seeds.

Limit Sugar Sweetened Beverages
This includes soda and fruit juices (orange and apple juice).
Swap for zero calorie sodas and drinks (diet sodas, flavored water).

Eat Every Few Hours
This prevents spikes or drops in blood sugar.
Eat snacks in between meals.

Eat a Protein with Each Meal
Proteins include eggs, chicken, fish, nuts (peanut butter).

Be Active
Going on walks and even light exercise can help lower blood sugar.