

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