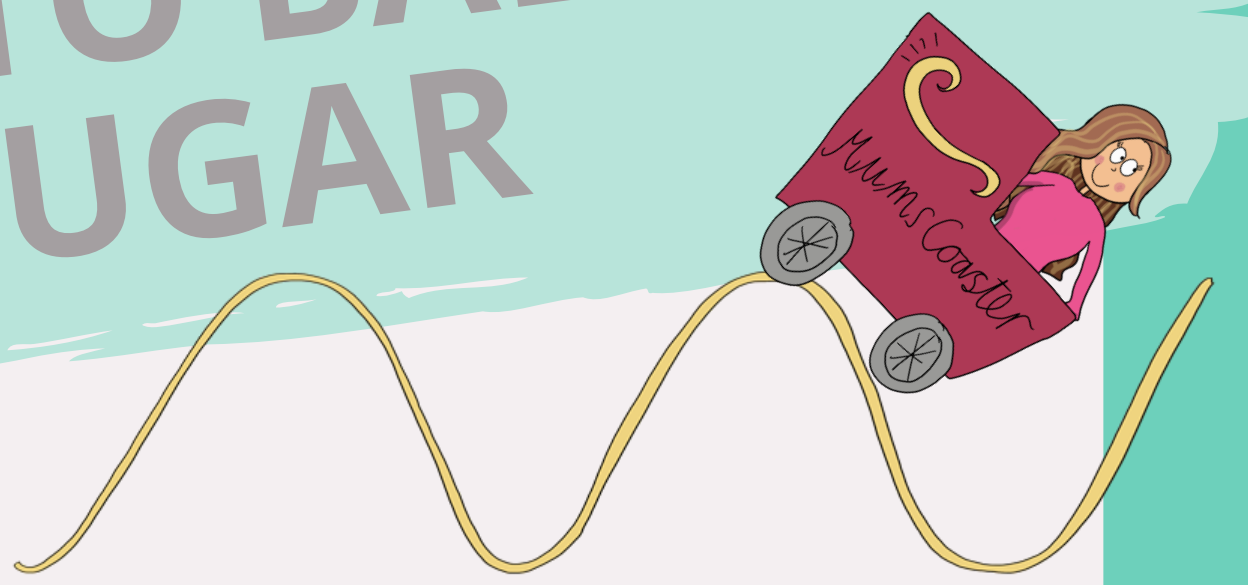
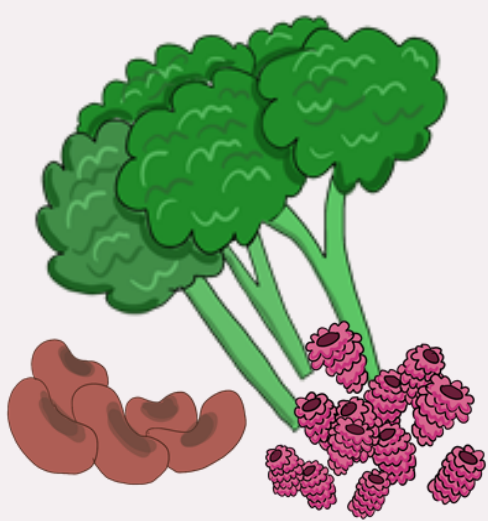
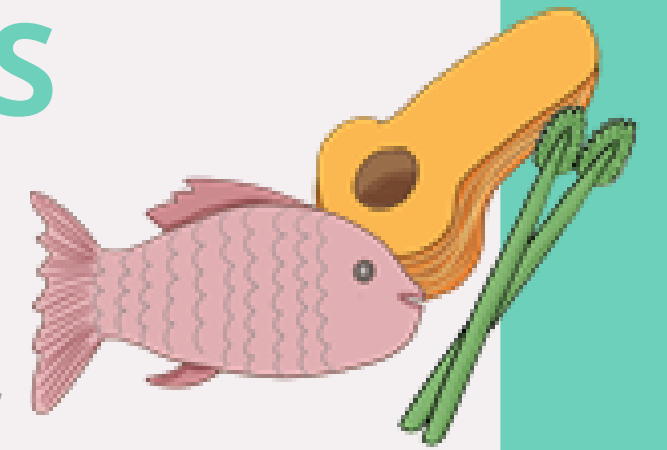


MY TOP 5 TIPS TO BALANCE YOUR BLOOD SUGAR



CHOOSE WHOLE, LOW GI FOODS

Whole foods with a low glycaemic index (GI) help to regulate blood sugar levels. Foods include seafood, meat, eggs, oats, non starchy vegetables, beans, lentils and legumes.



INCREASE YOUR FIBRE INTAKE

Fibre helps to slow down the digestion of carbohydrates and with it the speed at which sugar is being absorbed by our body, resulting in a more gradual rise in blood sugar. Include vegetables, legumes, fruits and wholegrains.

KEEP UP YOUR FLUIDS

Water doesn't only keep you hydrated, it also helps your kidneys flush out any excess blood sugar. Aim to drink regular filtered water every day (inbetween meals to avoid diluting digestive juices). Aim for at least 1.5 litres daily.



STAY ACTIVE

Regular exercise can reduce blood sugar levels. In addition, exercise has been shown to reduce stress levels, further helping to balance blood sugar.

GET ENOUGH SLEEP

Good quality sleep helps to control hormone levels, in turn regulating blood sugar levels. Aim for at least 8 hours of uninterrupted sleep every night.

