



9 tools to lower blood glucose spikes

→ *without restricting food*

Use one or all of these tips & tricks for lower blood glucose after meals & throughout each day.

- 1 Know Your Carbs**
Eat carbs in their more complex form, such as a whole orange vs. juice.
- 2 Resistant Starches**
Eat leftovers. Starches become "resistant" when they're cooked & cooled.
- 3 Give Carbs a Friend**
Pair carbs with protein or fat (or both!) to slow absorption & lower the curve.
- 4 Veggie Starters**
Grab veggies or a side salad before you dig into the main event. Works every time!

- 5 Vinegar**
1 tsp to 1 Tbsp of vinegar is an easy hack before a sweet snack & lowers the spike.

- 6 Move After Meals**
10 minutes of movement is all you need. Take a walk, clean the kitchen, or dance!

- 7 Hydrate**
Aim to drink at least 8 cups of fluid every day to keep blood glucose at bay.

- 8 Manage Stress**
Breathwork, journaling, yoga, exercise. Lowering stress lowers the spike.

- 9 Sleep**
Both how much and how well you sleep matters. Get at least 7 hours each night.