

Diabetes – Nutrition Advice for Controlling Blood Sugar

Supporting Podcast

- <https://www.podbean.com/ew/pb-7qgrs-9c5f5d>

***Listen to the supporting podcast before reading through the information below**

Key Points

- Always Pair Your Carbs
- Eat Smaller, More Frequent Meals

Always Pair Your Carbs

- Foods high in carbohydrates are among the fastest digesting foods which is correlated with foods that cause the greatest spike in blood glucose levels
- Foods high in dietary fats and/or protein have a slower digestion rate, and when paired with carbohydrate-rich foods can help to slow the digestion of the carbohydrate-rich foods slowing the release of glucose into the bloodstream
- So, pairing a carbohydrate-rich food with a food high in dietary fat and/or protein can help control the blood glucose response therefore making carbohydrate-rich foods safer for people with diabetes

Eat Smaller, More Frequent Meals

- Eating meals that are smaller in portion is a way to control the amount of glucose released into the blood during the digestion process. The less total volume of food, the less total volume of glucose that can be potentially released into the bloodstream
- So, eating smaller meals, but more frequent meals to ensure you still achieve your necessary daily calories, is a helpful habit towards controlling blood sugar following a meal

Habitual Advice

- Learn to identify foods based on both carbohydrate content and digestive rate. Knowing which foods contain greater carbohydrates and which foods digest quickly can help you be more aware of which foods are related to blood sugar spikes

Additional Helpful Podcasts

- 1232 – Nutrition – Start Here
 - <https://www.podbean.com/ew/pb-g8tqy-11ab473>
- 213 – Nutrition – Battling High Blood Glucose & Triglycerides
 - <https://www.podbean.com/ew/pb-ig3zp-ac7034>
- 1368 – Nutrition – How to Choose the Right Foods
 - <https://www.podbean.com/ew/pb-sn52v-1271af9>