

# 11 Ways to Lower Blood Sugar Levels

1



## Exercise

The more you move, the more sugar your body will burn. Building muscle lowers blood sugar levels because muscles act like sponges that soak up sugar. Aim for at least 150 minutes of moderate-intensity activity (like brisk walking) per week, spread over at least 3 days. Adding resistance training (like lifting weights or using resistance bands) 2-3 times per week provides additional benefits.

2



## Minimize intakes of sugary foods and beverages

Avoid baked goods, cookies, donuts, and muffins. Avoid soda, juice, and other sugar-sweetened beverages. These foods cause rapid spikes in blood sugar and provide little nutritional value.

3



## Choose low-glycemic index carbs instead of high-glycemic index carbs

Some carbohydrates are digested more slowly (low glycemic index) and cause smaller blood sugar spikes. Choose whole grains, legumes, and non-starchy vegetables over refined grains and processed foods.

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## Be mindful of carbohydrate portion sizes

Avoid eating large amounts of bread, rice, potatoes, and pasta at one time. Make carbohydrates a side dish, not the main course. Replace some carbohydrates with healthy fats (like olive oil and nuts) and fiber-rich foods.

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## Eat more fiber-rich foods



Fiber slows the digestion of carbohydrates, which prevents blood sugar spikes. Eat one fiber-rich food at every meal, such as beans/legumes, nuts, and certain vegetables—notably peas, brussels sprouts, carrots, broccoli, cabbage, cauliflower, and dark green leafy vegetables (spinach, collard greens, kale).

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## Avoid snacking on processed carbohydrates



Avoid crackers, chips, granola bars, and breakfast cereals. Instead, snack on protein-rich foods like nuts, as well as fruits and vegetables.

7

## Be mindful of certain fruits vegetables



Particular fruits and vegetables—notably overripe bananas (with brown spots), watermelon, white potatoes, sweet potatoes, and instant mashed potatoes—can spike blood sugar levels more than others. Avoid large portions of these foods.

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## Eat protein before, or alongside carbohydrates



Protein (found in beans, nuts, eggs, fish, and meat) eaten before or alongside carbohydrates slows digestion and produces a smaller blood sugar spike.

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## Eat vegetables dressed with olive oil vinegar before eating carbs



Eating vegetables, olive oil, and vinegar (such as in the form of a salad) prior to eating carbs results in a lower blood sugar level compared to eating carbs alone or eating vegetables alongside/after carbohydrates.

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## Eat carbohydrates earlier in the day



Carbohydrates eaten at breakfast and lunch do not raise blood sugar as drastically as carbohydrates eaten at dinner or in the evening. Try to eat breakfast like a king, lunch like a prince, and dinner like a pauper.

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## Fast for 14 hours overnight



Eating all of your meals between 8am and 6pm (or a similar 10-hour window) can help lower blood sugar levels. This gives your body a longer overnight fasting period.

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**Remember:** These strategies work best when combined with regular medical care. Talk to your healthcare provider before making major changes to your diet or exercise routine, especially if you take medications for diabetes.

