

Keep it balanced: 6 steps



EAT BREAKFAST



Break your fast within the first hour of waking up to avoid sugar cravings later on in the day. Eat a balanced whole food breakfast that includes protein (nuts, seeds, eggs, or meat) with whole grain fiber (quinoa, oats or sourdough bread), and include veggies such as sautéed spinach or kale, mushrooms or green pepper. What you eat in the morning will set the tone for your body's energy function for the rest of the day.

BALANCE YOUR PLATE



Make sure every meal contains protein and a healthy fat. Protein sources can include free-range & antibiotic-free meat and eggs, fish, beans, legumes, nuts and seeds. Healthy fat sources include avocado, nuts, nut butters, olive oil, and coconut products. These protein and fat options assist to keep the blood sugar levels stable and prevent glucose spikes that occur when eating a meal that only contains carbohydrates or sugar.

DRINK VINEGAR BEFORE A MEAL



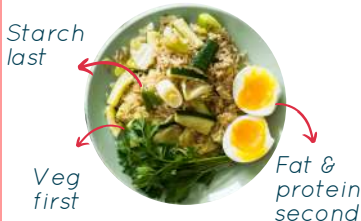
Drinking one tablespoon of organic apple cider vinegar (ACV) in a tall glass of water a half an hour before a meal helps slow down the absorption of glucose into the blood stream. ACV also improves insulin sensitivity, assists in nutrient release from food and balances the acid/alkaline levels in the body which support good gut health. *If using Metformin, consult with your health practitioner before use.*

ADD A SALAD STARTER



Adding a fresh starter (aka a salad), filled with fiber, before the main meal (like the French) will slow down the breakdown and absorption of glucose from food eaten after that. This is due to the fiber from the fresh salad or veggies that enters the stomach first which acts like a sieve. This sieve allows the food to break down slower and prevents increased glucose levels in the blood stream. The fiber is also a prebiotic that feeds the good gut bacteria.

EAT IN ORDER



The order in which you eat your food will impact your glucose levels. A research study showed that by eating a meal in the correct order can reduce the glucose spike by 73% and the insulin spike by 48%. Start by eating fiber first (salad, broccoli, carrots, etc.) followed by protein (meat, fish, legumes, beans) then fat (avocado, nuts, seeds) and end your meal with the starches and sugars (rice, pasta, wholegrain bread, pita or potatoes).

MOVE AFTER A MEAL



When you exercise or take a walk within 70 minutes after a meal, or a slice of birthday cake, you are instantly using the energy you consumed during that meal. Resistance training is even a better option, as it decreases the glucose peak by 30% after a meal, and continues to use glucose over the next 24 hours to reduce the glucose peaks of the next meals too. When you exercise, less insulin is needed in the blood stream, therefore allowing energy stores to be used.