

BLOOD SUGAR REGULATION

SUPPORTING THIS IMPORTANT FOUNDATION



Blood sugar regulation isn't just about preventing metabolic diseases like Diabetes

Blood sugar regulation is a vitally important factor that influences every aspect of health. Glucose is a fast burning fuel and the primary energy source for the body. But, as you likely guessed, when glucose is out of balance (either too much or too little), there are side-effects and consequences.

Blood sugar dysregulation is mostly thought of as a factor in diabetes – but it's effects are more far-reaching. From inflammation and overall hormone imbalances, to increased risk of stroke and cardiac issues, the importance of balanced blood sugar regulation can't be overstated.

Taking charge of your blood sugar regulation

You may have heard it said that "genetics loads the gun, but we pull the trigger". This is true for many health scenarios, and especially for blood sugar regulation; just because a parent or grandparent had insulin resistance, Type 2 Diabetes, or another chronic condition doesn't mean that you will too! With appropriate dietary and lifestyle measures, taking charge of your body's ability to appropriately use glucose and insulin (NOT pulling the trigger) is possible!



KEY AREAS OF FOCUS FOR SUPPORTING BLOOD SUGAR REGULATION

01

Reduce glycemic load

Glycemic load is how a food's carbohydrates affect the body's blood sugar. Processed foods and low-fiber foods tend to have a higher glycemic load, as opposed to whole foods which have a lower glycemic load. For example, fruit juice will have a higher load than a piece of fruit in its whole form, as the fibers present within the whole food slow the body's process for metabolizing the fructose (sugar) contained within the fruit, helping to prevent a glucose spike. When choosing carbohydrate sources, opt for less starchy vegetables and choose more dark leafy greens.

03

Don't skimp on proteins

Dietary proteins provide the essential amino acids necessary for muscle maintenance, repair, and growth. Adequate protein intake supports muscle protein synthesis. Skeletal muscle is responsible for large amounts of glucose uptake and utilization, helping to prevent high levels of glucose from accumulating in the bloodstream. Dietary protein needs will vary per individual and may take experimentation to find the magic number, but generally speaking, roughly 4-6 oz. of protein per meal is a starting point.

02

Include healthy fats

While there is no one-size-fits-all approach to the right balance of fats and carbohydrates, it is important to learn what's right for you. It may require experimentation, but a good starting point for most is to incorporate a bit more healthy fat with meals. Fat works to slow down how quickly sugar from carbohydrates is absorbed into the blood stream and can help prevent a glucose roller coaster! Some healthy fat options to consider are fish, avocado, nuts, beef tallow, olive oil, coconut oil, ghee, and of course...butter!

04

Lifestyle

Like digestion and other aspects of health, blood sugar balance is often impacted by lifestyle factors such as stress, sleep, toxin exposure, detoxification and exercise. When one of these areas is out of balance, it creates a stress on the body, increasing cortisol production. Longer term, this elevated cortisol cascades into elevated glucose, and elevated insulin. This cycle also leads to increased inflammation and impaired digestion. Adopting stress-reducing lifestyle habits is a big key in helping regulate blood sugar.

STRATEGIES FOR MAKING CHANGES TO SUPPORT BLOOD SUGAR REGULATION

- 01 Start small with what feels most supportive**

Sweeping changes done all-at-once can feel overwhelming, leading to stress and burnout. Choose 1-3 small changes to start, and get into a rhythm with them before incorporating more.
 - 02 Set your mindset for success**

It's easy to fall into the "I can't have this/ do this" trap. Framing the changes you're making with a mindset of "I'm taking charge of my health" can be helpful, especially when pressing pause on certain foods or activities.
 - 03 Plan meals ahead**

Stress is a big factor in helping maintain balanced blood sugar. Planning ahead can help prevent stressful situations by making sure you have balanced meals on-hand, and helps prevent "munching", which can keep blood sugar levels elevated.
 - 04 Put it on your calendar**

Add strategic time to your calendar for items that support de-stressing. Carving out time for self-care, exercise, and engaging in activities that bring you joy are all things more likely to be done if it's on the calendar!
 - 05 Take a breath, and practice mindful eating**

Slowing down before meals brings the body into a "rest and digest" state; this reduces cortisol and also sets the stage for healthy digestion, both of which play a factor in maintaining healthy blood sugar.
 - 06 Include fats and fiber to slow carb metabolization**

Healthful, unadulterated fats like avocado, coconut, olive and animal fats help slow down carb metabolization, as does the fiber contained in whole foods. This means that the sugars in foods hit the blood stream more slowly, having a smaller impact on overall blood glucose.
 - 07 Stay prepared**

Don't let your momentum get sidetracked by moments of temptation or desperation! Having blood sugar-beneficial foods at the ready, like avocado, fish, olives, eggs, nuts & seeds and healthy oils can help in those moments when the urge to snack starts creeping in!
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Take charge of your blood sugar regulation today!

Embracing changes, no matter how small, is an empowering step towards better blood sugar regulation and overall health. If you're ready to make changes but aren't sure where to start or need support along your journey, I'm here to help!

Together, we can create a personalized plan that fits your lifestyle!



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