

NUTRITION HACKS TO BALANCE BLOOD SUGAR

(to LOSE WEIGHT, STOP CRAVINGS, GET YOUR ENERGY BACK)

Medical disclaimer: please seek medical advice if you have a health condition (eg. diabetes, hypoglycaemia or an eating disorder) before adopting these strategies.

HACK #1: Drink a large mug of LEMON WATER approx.. 20 minutes before eating anything in the morning.

HACK #2: Ensure your breakfast, lunch and supper include mainly PROTEIN ,healthy FATS , SALADS and LEAFY GREEN VEG (eg. *animal protein/plant protein ,butter/olive oil/ half a cup of nuts &seeds per day/nitrate free bacon/eggs/cottage cheese, cheese, protein shake, salmon/sardines/nut butter/chicken/fish, salads and leafy green veg*) and a LESSER amount of CARBS (*here, it's important to avoid refined white flour, pasta, pastries*).

You should feel FULL after your meals -you will with more protein and healthy fats on your plate.

HACK#3: Mid morning (before lunch) sip away and drink 4 cups of filtered water (with some sea salt or himalayan salt added) and 1 or 2 cups of tea (green tea/black tea)

HACK#4: Eat foods in the correct order.

- First - fibre (a big salad and/or veggies)
- Second -protein (preferably animal)
- Third - potatoes, rice, pasta, sourdough, keto bread, & sweets, cakes and fruit.
- If it's a mixed-up dish (paella, risotto, stew), try to eat a piece of veg first (carrot/celery/marinated artichokes/olives/etc)

HACK #5: Don't snack between meals (if you feel hungry, add some sea salt or Himalayan salt to your drinking water and sip away). If you still feel hungry, you didn't eat enough at your mealtime.

HACK #6: Apple Cider Vinegar (1 tbsp) in warm water 15 - 20 mins before eating anything (using a straw to protect your teeth) or Apple Cider Vinegar capsules.

HACK #7: After you eat, move! Even a 10-minute walk or up and down the stairs a few times. If you are sitting for longer than 40 minutes, do heel raises (simply raise heels up from floor and lower again, repeat eg. 10-20x or stand up and march on the spot for a minute).

HACK #8: Never have "naked" carbs (ie. never have carbs on their own.)

- Eat carbs with fibre (veg or beans before starchy carbs)
- Eat carbs with fat (half an avo with brown rice, yoghurt before chocolate, cheese on bread, grassfed butter on bread, hummus on bread, olive oil on bread, nut butter on fruit, if you can eat nuts)
- Eat carbs with protein (eg. eggs on toast, bacon with potatoes, smoked salmon on toast)

HACK #9: Start experimenting with intermittent fasting. Your first step would be to try 12:12 (ie. After finishing your dinner, wait 12 hours(overnight) before you have your next meal the next day. For example, finish dinner at 8pm and then break your fast next day at 8am - no snacking after dinner).

HACK #10: Avoid alcohol - or at least avoid it for the 3 hours before bedtime. Watch my teacher's excellent podcast on the effects of alcohol: Episode 322 at EverydayWellness

Join my private FBook group to get community support and my input as a nutritionist: <https://www.facebook.com/groups/611220423300886>