

Nutrition

Nutrition is about understanding how different foods affect your body so you can make informed and confident choices.

Macronutrients: The Big Three

- **Carbohydrates:** These have the most direct impact on blood sugar because your body breaks them down into glucose. **Focus on:** Fiber-rich complex carbs (oatmeal, beans, berries, non-starchy vegetables) which digest slower and prevent sudden spikes.
- **Protein:** These do not cause sharp blood sugar spikes and help keep you full. **Focus on:** Lean meats, fish, eggs, tofu, and Greek yogurt.
- **Healthy Fats:** These digest very slowly and provide steady, long-lasting energy. **Focus on:** Avocados, olive oil, nuts, and seeds.

Power of Food Pairing

The secret to avoiding dramatic blood sugar spikes is to **Never eat carbohydrates alone**. Always pair a carbohydrate with a protein or a healthy fat.

- Protein and fat slow down digestion. This acts like a brake pedal, allowing the glucose from the carbohydrate to enter your bloodstream gradually rather than all at once.
 - **Example:** Instead of an apple by itself, eat an apple with a handful of almonds or a tablespoon of peanut butter.

Simple and Effective Habits

1. **Prioritize Fiber:** Fiber cannot be digested by the body, so it doesn't raise blood sugar, but it does support gut health and steady numbers.
2. **Hydrate::** Dehydration concentrates the sugar in your blood, making your numbers read higher. Drink plenty of water to help your body naturally flush out excess glucose.
3. **Watch Liquid Carbs:** Regular sodas, sweetened teas, and fruit juices digest almost instantly, causing rapid blood sugar spikes. Keep these on for treating low blood sugar.