

Do's and Don't's for Healthy Blood Sugar

Do

- ✓ Slowly eliminate unhealthy food
- ✓ Consume minimal amounts of blood sugar friendly sweeteners (stevia, raw honey, fruits)
- ✓ Eat 3 portion controlled meals and 2 snacks per day
- ✓ Exercise to strengthen your bones and cardiovascular system
- ✓ Drink half of your body weight, in ounces, daily
- ✓ Track blood sugar levels
- ✓ Mind your portions at each meal and snack

Don't

- ✗ Ignore your body's warning signs for inflammation and discomfort after eating certain foods
- ✗ Consume processed sugar
- ✗ Skip meals and snacks
- ✗ Live a stationary life
- ✗ Drink artificially flavored drinks
- ✗ Drink alcohol in excess
- ✗ Eat until you feel uncomfortable and bloated

Dos And Dont S Of Low Blood Sugar

David Kirk



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