

# Top tips for blood sugar balance



**EAT WITHIN AN 8-10 HOUR DAILY WINDOW**  
(this is to facilitate a 14-16 hour overnight fast).



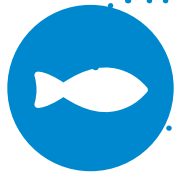
**ALWAYS FINISH YOUR EVENING MEAL BY 7PM**



**EAT 3 DISTINCT MEALS DAILY.**



**AVOID SNACKS BETWEEN MEALS**



**INCLUDE GOOD QUALITY PROTEIN**

eg. poultry, fish, tempeh, legumes, eggs), **fat** (eg. nuts, seeds and their oils, avocados, olives) and **plenty of vegetables with every meal: aim for a minimum of 50% of your plate as non-starchy vegetables.**



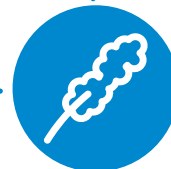
**REDUCE OR ELIMINATE SUGAR AND STARCHY CARBOHYDRATE FOODS**

(refined sugar, bread, pasta, white potatoes, rice, couscous, crackers, breakfast cereals, cakes, biscuits, sweets, milk chocolate, fizzy drinks, fruit juices and cordials).



**REPLACE STARCHY CARBOHYDRATE VEGETABLES**

(such as white potatoes, carrots, parsnips, turnips, beetroot) **with lower carbohydrate alternatives** (such as celeriac, cauliflower, cabbage, courgette, broccoli, greens).



**CHOOSE COMPLEX GLUTEN-FREE GRAINS**

such as quinoa, gluten-free oats, buckwheat, millet and amaranth. Keep your **portion size** of complex carbohydrate grains equivalent to a **small handful** with each meal.



**CONSIDER SUPPLEMENTATION**

with key blood sugar support nutrients chromium, alpha lipoic acid and cinnamon