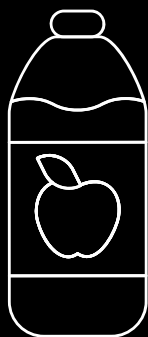


## REMISSION NUTRITION

# Blood Sugar Balancing

We've all experienced the impact of blood sugar imbalances—those highs that leave us feeling sluggish in the afternoon, and the lows that turn us "hangry." By effectively managing our blood sugar levels, we are not only supporting our metabolism but also nurturing our mitochondria!



### ADD ACV

The acetic acid in Apple Cider Vinegar helps stabilize blood sugar.

Dilute 1 tbsp in water before, during or after a meal.



### FOCUS ON FIBER

Fiber helps slow the digestion of food and can minimize the blood sugar impact of meals.

**Fiber foods include:** avocado, flaxseeds, chia seeds, psyllium husk, cacao nibs, carrots, broccoli, asparagus, berries.



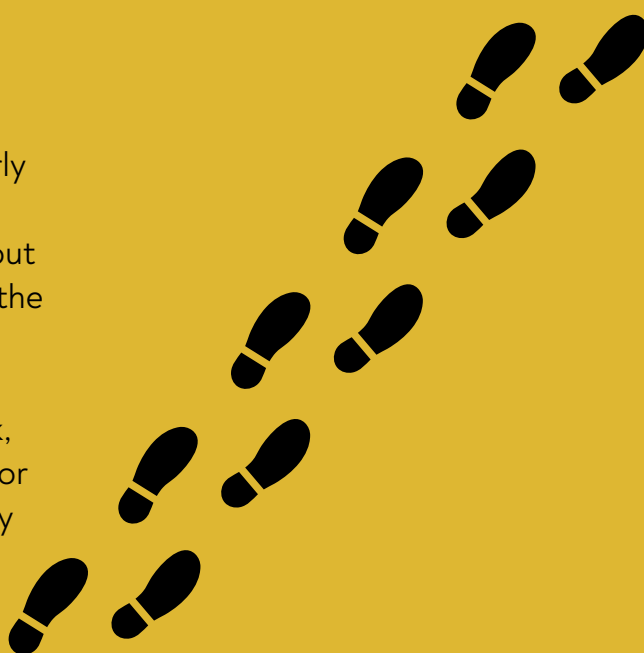
### BALANCE

By ensuring a balance of macronutrients on your plate—protein, fats, and carbohydrates/fiber—you can achieve a more stable glucose response and feel satisfied for a longer period! Always remember to pair carbohydrates (even veggies) with either fat or protein for a more favorable glucose response.

### GET MOVING

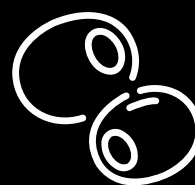
Engaging in physical activity, particularly before or after eating, assists in transporting glucose into muscles without relying on insulin to circulate it through the bloodstream.

Consider taking a brisk 15-minute walk, tackling some extra household chores, or doing a few squats throughout the day and especially after meals.



### SLEEP

Focus on restful sleep to improve insulin sensitivity and reduce cravings.



### DONT FEAR FATS

Healthy fats from foods like olives and olive oil, coconut, avocado, salmon and eggs don't impact blood glucose!