



# 5 Simple Strategies to Balance Blood Sugar

Struggling with energy crashes or cravings? These simple strategies can help stabilize blood sugar and support long-term health.

## Build Balanced Meals



Aim for **lean protein, healthy fats, and non-starchy vegetables** at each meal. Add one serving of whole-food carbohydrates based on your hunger, activity level, and goals. Simple meals like soups, stir-fries, smoothies, and salads make it easy to combine these foods. **Whole-food carbohydrate choices:**

- sweet potatoes (with skin)
- chickpeas or lentils
- black or wild rice

## Fiber First



Before higher-carb meals, have a **small serving of fiber (about 10 minutes prior)**.

- a handful of nuts or seeds
- raspberries or berries
- a small salad
- a fiber supplement if needed

## Prioritize Protein



Aim to include adequate **protein at every meal—especially breakfast**. Protein helps:

- support stable energy
- reduce carb cravings
- support muscle mass

## Move After Meals



Even **10 minutes of movement** after eating can help lower blood sugar. This helps your muscles absorb glucose without needing as much insulin. Try these activities:

- a short walk
- a set of squats or lunges
- light stretching
- jumping rope

## Support Sleep



Sleep helps regulate blood sugar and appetite hormones. Aim for:

- 7–9 hours of sleep
- a consistent bedtime
- morning sunlight exposure
- Finish eating 3 hours before bed

**Want a personalized plan based on your labs, symptoms, and goals?**

Schedule a consultation at [www.upstreamwellness.net](http://www.upstreamwellness.net)