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**HOW TO CONTROL YOUR BLOOD SUGARS**

A blood sugar reading/HbA1c reading of 42 – 47mmol/mol = **PREDIABETES**

Normal blood sugar reading/HbA1c = <42mmol/mol – this is what you are aiming for in your next HbA1c test.

Below are some tips on helping you to bring your blood sugar levels from pre-diabetes back into the normal range.

✔️**Lose weight**: Being overweight or obese can fuel the progression of Type 2 diabetes (T2DM). A loss of even 5% of your total body weight will help you on your way!

✔️**Exercise**: A sedentary lifestyle increases your risk of developing T2DM. Set a goal that is achievable for you and that will get you moving every day.

✔️**Walking counts**: Cannot work out for various reasons - simply walking 🚶‍♀️🚶‍♂️around for 30 minutes or more a day can have a significant impact when reversing prediabetes.

✔️**Drink plenty of water!** Water is a healthier and more convenient alternative to sugary smoothies, fruit juices, and sweetened beverages. In essence, water can help you cut down on your sugar intake, limit spikes in blood glucose levels, and therefore prevent type 2 diabetes.

✔️**Stop Smoking:** Smoking increases the risk of prediabetes, insulin resistance, and diabetes.

✔️**Eat more fibre**: Raspberries, kiwi, seeds, greens, and wholegrains are packed with fibre which has been proven to lower blood sugar levels.

✔️**Be Cautious of Carbs**: Cut down on simple carbs and get rid of sweetened beverages altogether.  These easy-release carbs are usually loaded with sugar, plus they usually have no protein, fat, or fibre that can help slow down digestion. As such, they cause your blood sugar to skyrocket and, consequently, increase your chances of getting diabetes.

✔️**Reduce Sugar in Your Diet**: Cutting sugar is a great way to stay on top of your blood sugar, and it is one major step towards reversing prediabetes.

✔️**Watch out for highly refined foods** such as white rice, white pasta, white bread, cakes, pastries, biscuits, chocolate, crisps etc. There’s no single best diet for prediabetes but healthy foods can nourish your body and should meet at least two criteria: the food 1) must not cause a sudden spike in blood sugar, or 2) must not worsen insulin resistance.

**Below are foods that should form part of your diet:**

**👉Non-starchy vegetables** like carrots, Brussels sprouts, asparagus, courgette, aubergine, broccoli, snow peas, cucumbers, celery, spinach, lettuce, and other field greens.

**👉Seafood**: Fish and other seafood are often low in carbs and high in potassium, healthy fats (omega-3 fatty acids), and protein. You won’t go wrong with salmon, trout, herring, mackerel, clams, crab, tuna, or shrimp. Tinned fish is good too.

**👉Legumes**: Peas, beans, lentils, soybeans, and soy products have loads of potassium, dietary fibre, and healthy plant proteins, and another option for prediabetics. However, most legumes have significant carb content, you must always watch your portions.

**👉Whole grains**: These are primary sources of good dietary fibre, but you must avoid overly processed grain products. Stick to whole-grain pasta, cereal, bread, steel-cut oats, quinoa, whole barley, and brown rice.

**👉Lean meats:** There's good and bad news about meats for prediabetics. The good news is that it has no carbohydrates, but the bad news comes in the form of higher saturated fat content. It's generally recommended that you go for lean meats like chicken without skin, lean beef cuts, and skinless turkey, among others.

If you are struggling or feeling challenged or overwhelmed about any of these changes, reach out to your Health & Wellbeing Coach for support, they will be happy to help 😊