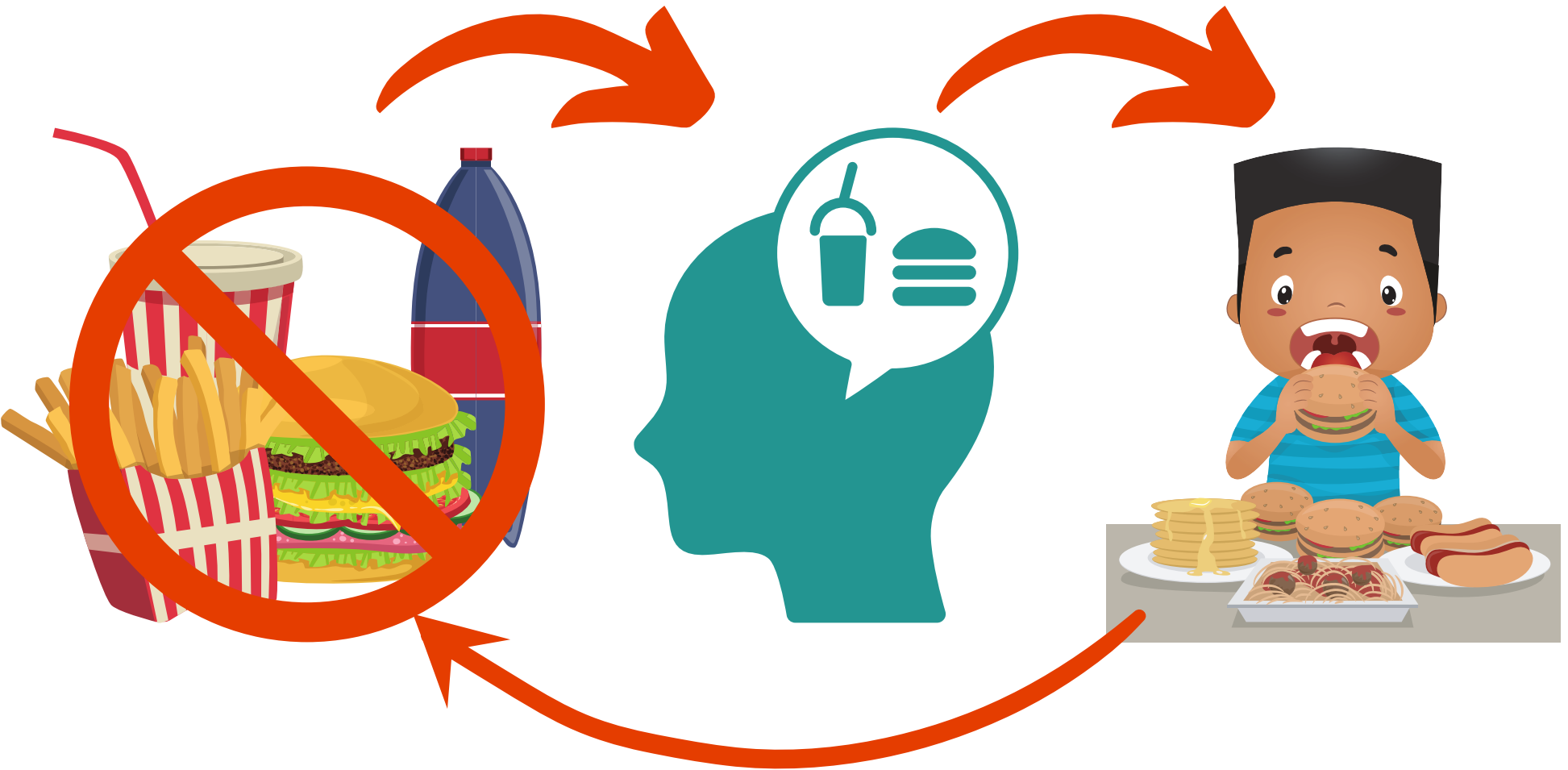


Blood Sugar Balance

Putting an end to
fatigue, poor sleep,
brain fog, and more...
without restricting foods.



restriction = scarcity mindset





we don't need to!

TEAM BG



**Mallory Bobzien,
MS, RD, LD**



**Breanna Ho
Texas A&M Graduate**

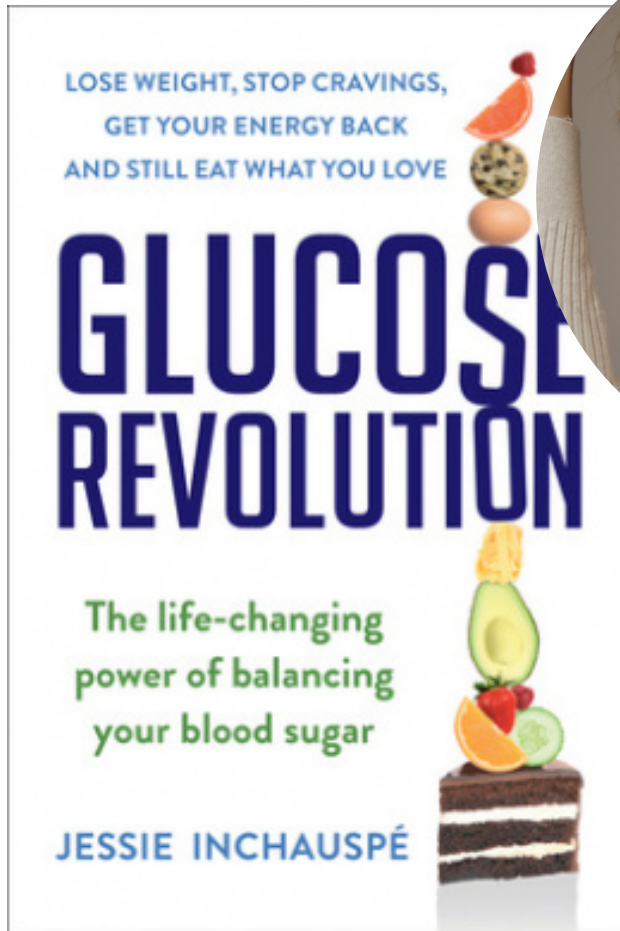


**CheyAnne Weirich
Texas A&M Student**



our hardware store

@glucosegoddess



Jessie Inchauspé aka @glucosegoddess
New research, cited throughout slides
American Diabetes Association

I don't have diabetes.
Why should I care?

1 in 3 people have
prediabetes

90% of us have a
glucose spike every day



What are some effects of high blood glucose?



- Skin breakouts
- Mood Swings
- PMS symptoms
- Lethargy
- Poor sleep
- Cravings
- Rapid heart beat
- Blurred vision
- Frequent urination
- Numbness in hands and feet



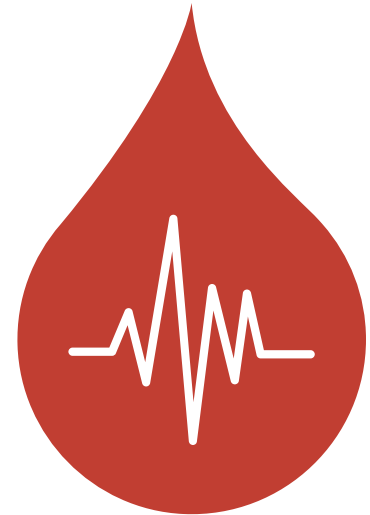
Do you identify with any of these? Does your partner? Children? Parents? Or even friends?



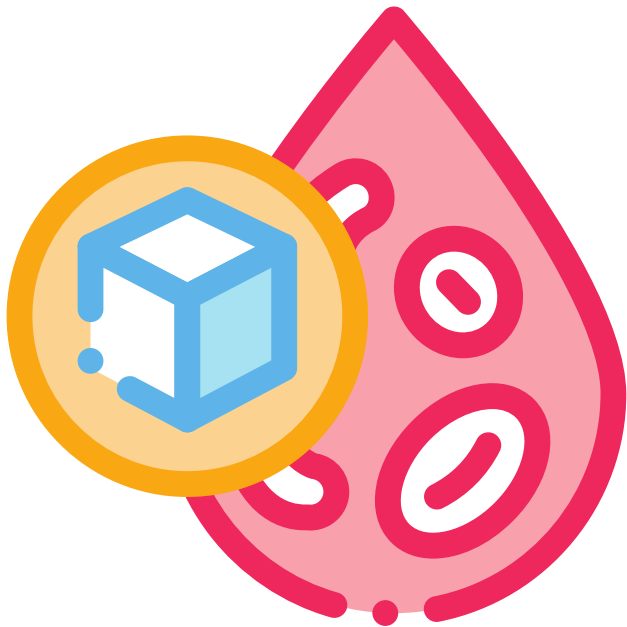
- Skin breakouts
- Mood Swings
- PMS symptoms
- Lethargy
- Poor sleep
- Cravings
- Rapid heart beat
- Blurred vision
- Frequent urination
- Numbness in hands and feet



What is a Blood Glucose Spike?



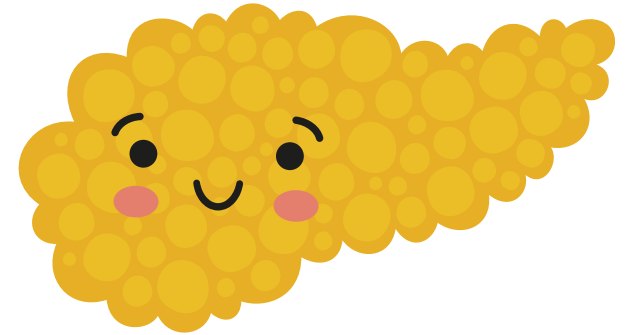
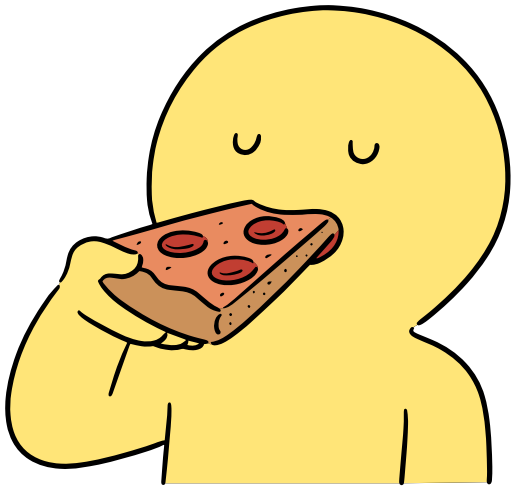
Blood Glucose



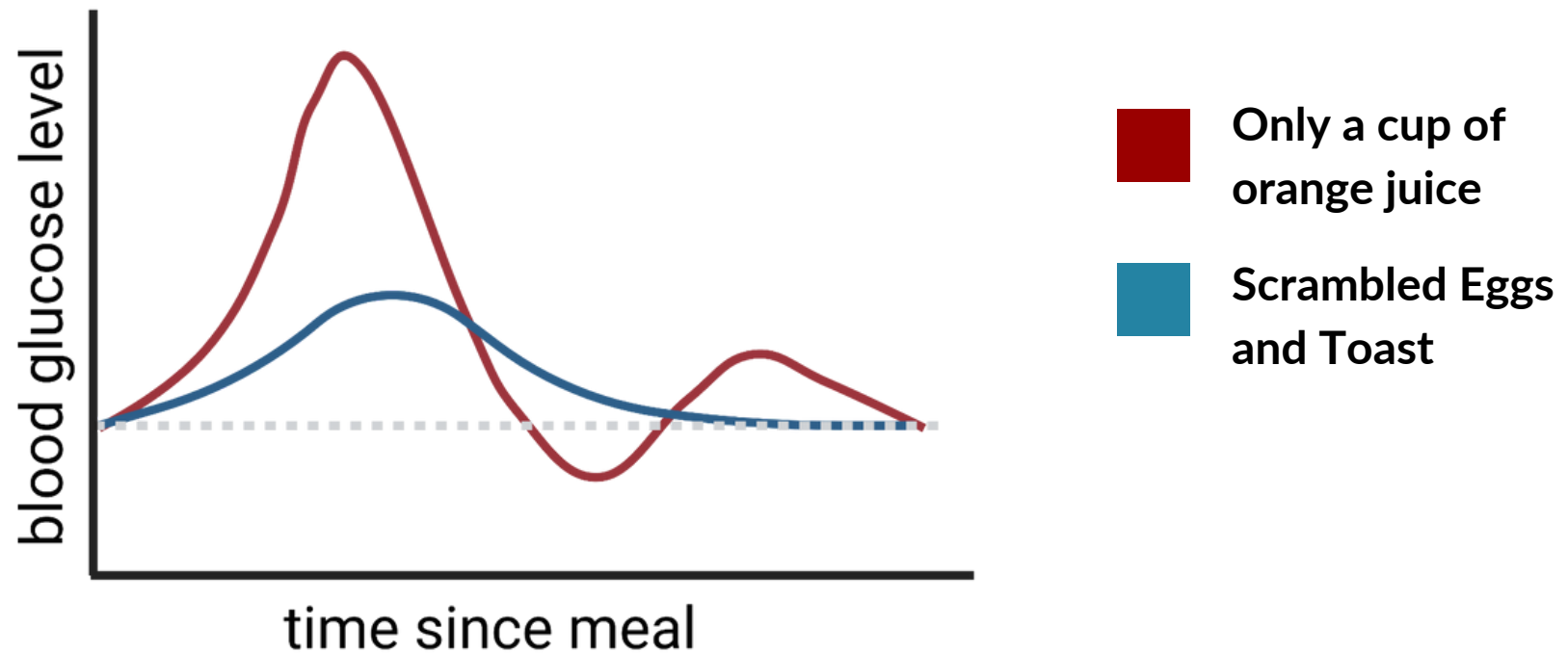
- AKA blood sugar
- Main source of energy for the body
- Changes based on what you eat

and lots of other factors, too!

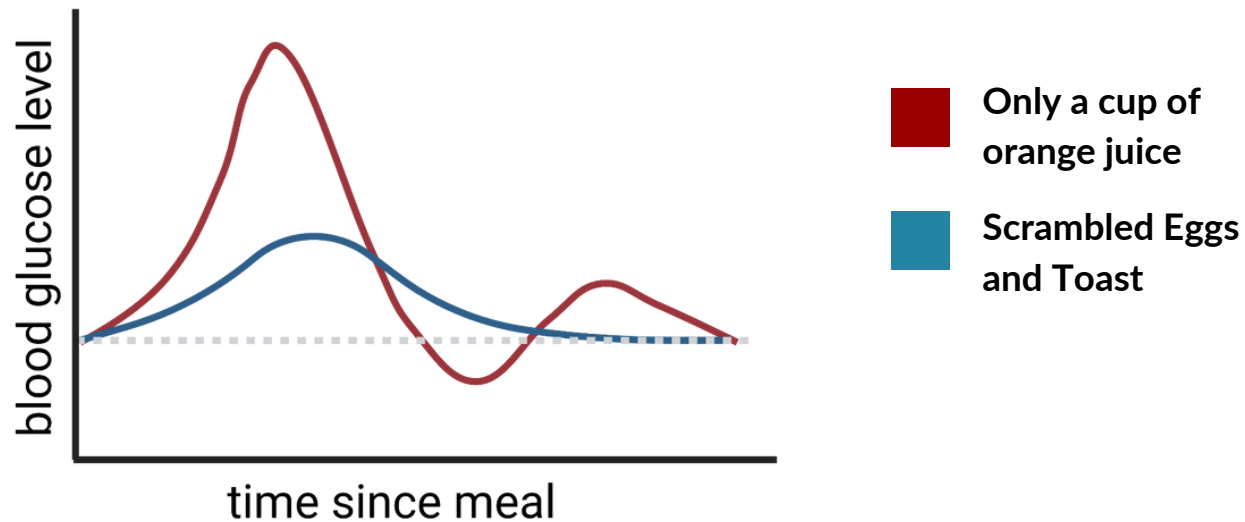
The Mechanism



Glucose Spike



Glucose Spike



What other foods can cause a high glucose spike?



The Solution?

Should I cut
out sugar and
stop eating
carbs?

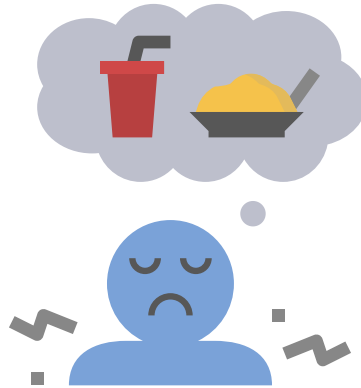




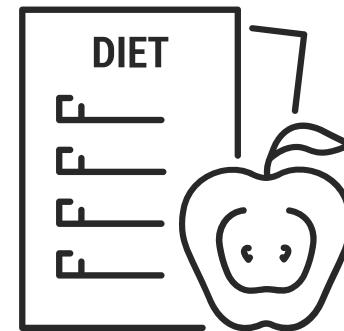
MMM... PROBABLY NOT

HERE'S WHY

When you stop eating carbs....



But my friend is on Keto
and is doing fine....



**You don't NEED to cut out
carbs to see the same results!**



Your brain prefers glucose

how likely am I to have a blood glucose spike today?

☐

I got fewer than 7 hours
of sleep last night

☐

I am sick or injured

☐

I skipped breakfast

☐

After I eat, I stay seated or
lay down

☐

I feel stressed or on edge

☐

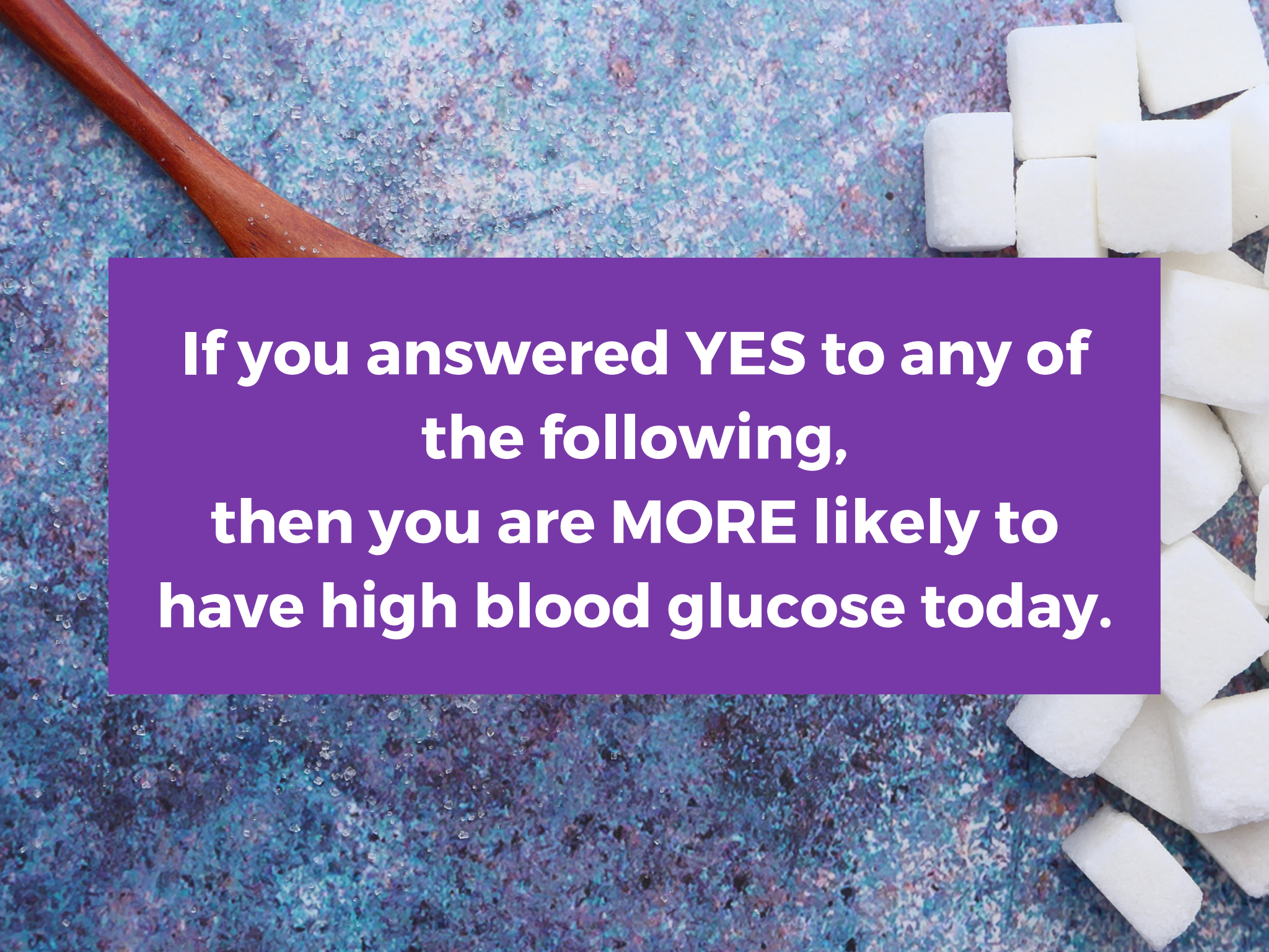
I'm taking steroids, oral
birth control, statins, beta-
blockers, or diuretics

☐


I feel dehydrated

☐

(WOMEN) I am at the
end of my cycle

A wooden spoon is positioned diagonally in the upper left corner. To the right, a cluster of white sugar cubes is visible. The background is a textured surface with blue, green, and white speckles.

**If you answered YES to any of
the following,
then you are MORE likely to
have high blood glucose today.**

A close-up photograph of a spoon pouring a fine white powder, likely sugar or flour, over a stack of three golden-brown donuts. The donuts are stacked vertically, with the top one slightly offset. The powder is captured mid-pour, creating a soft, hazy cloud around the donuts. The background is a solid, light pink color.

**What about
tomorrow, next week,
one month from now,
one year?**

What's a good solution for me?



9 Tips & Tricks

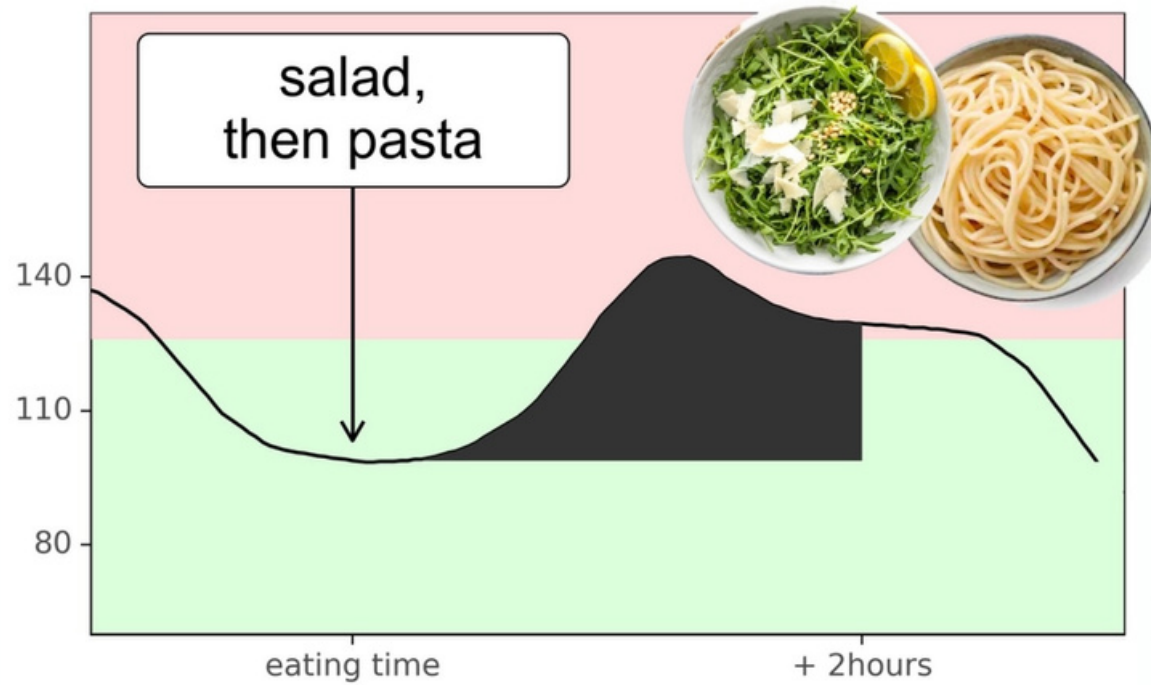
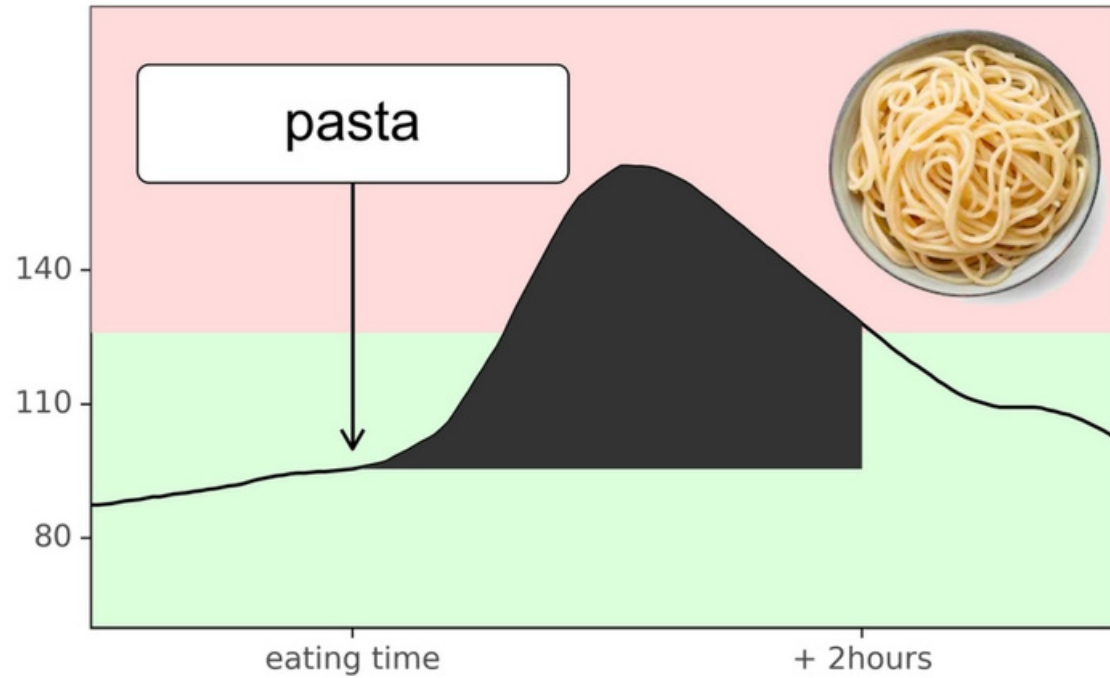
to balance blood sugars
& reduce glucose spikes



glucose, mg/dL



*



KNOW YOUR CARBS

- **Carbs are the food that contributes to glucose spikes**
- **Knowing removes the fear**
- **The 1st step to using the following tips**

carbohydrate (aka carbs)

complex carb

fiber

starch



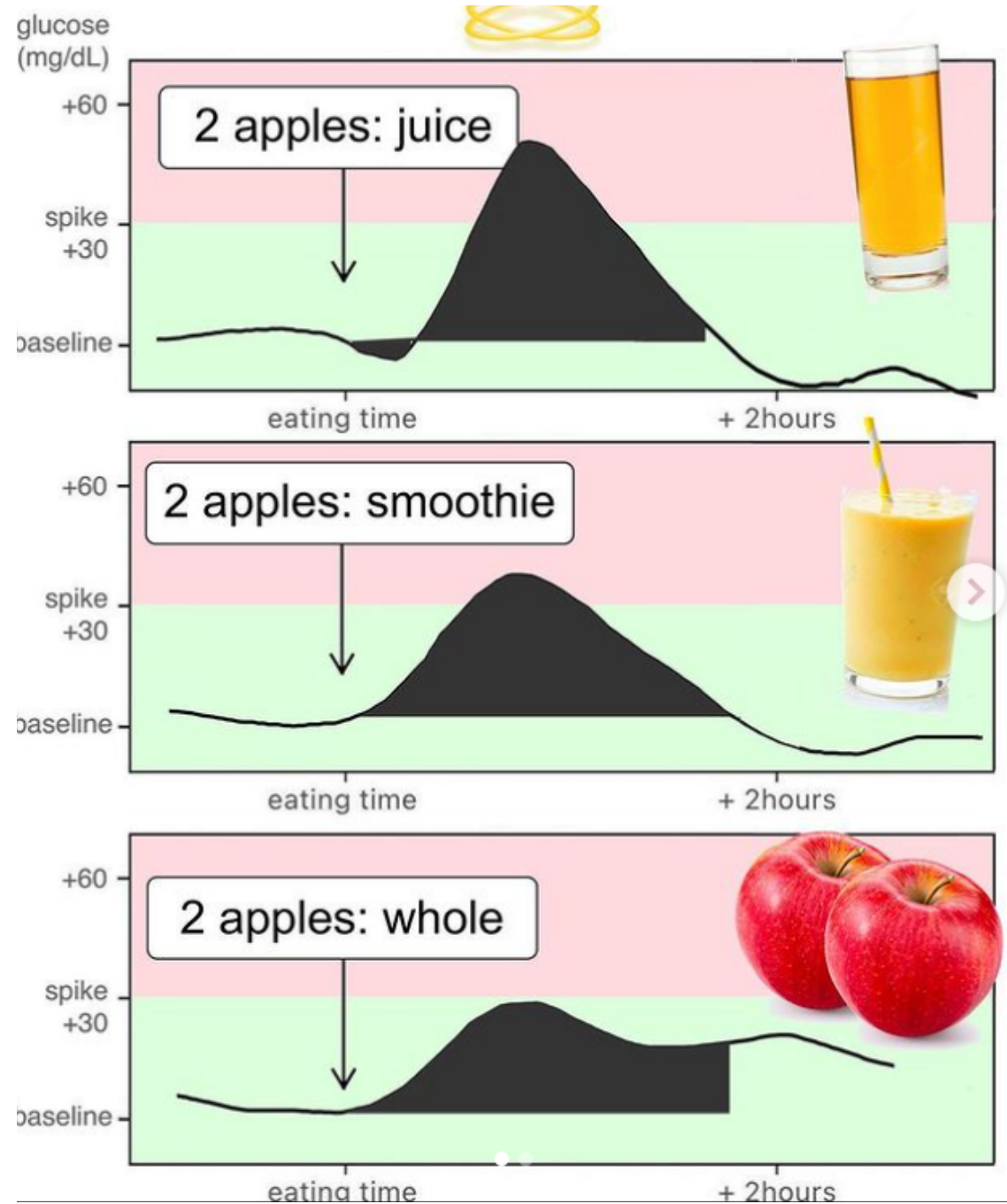
simple carb

sugar

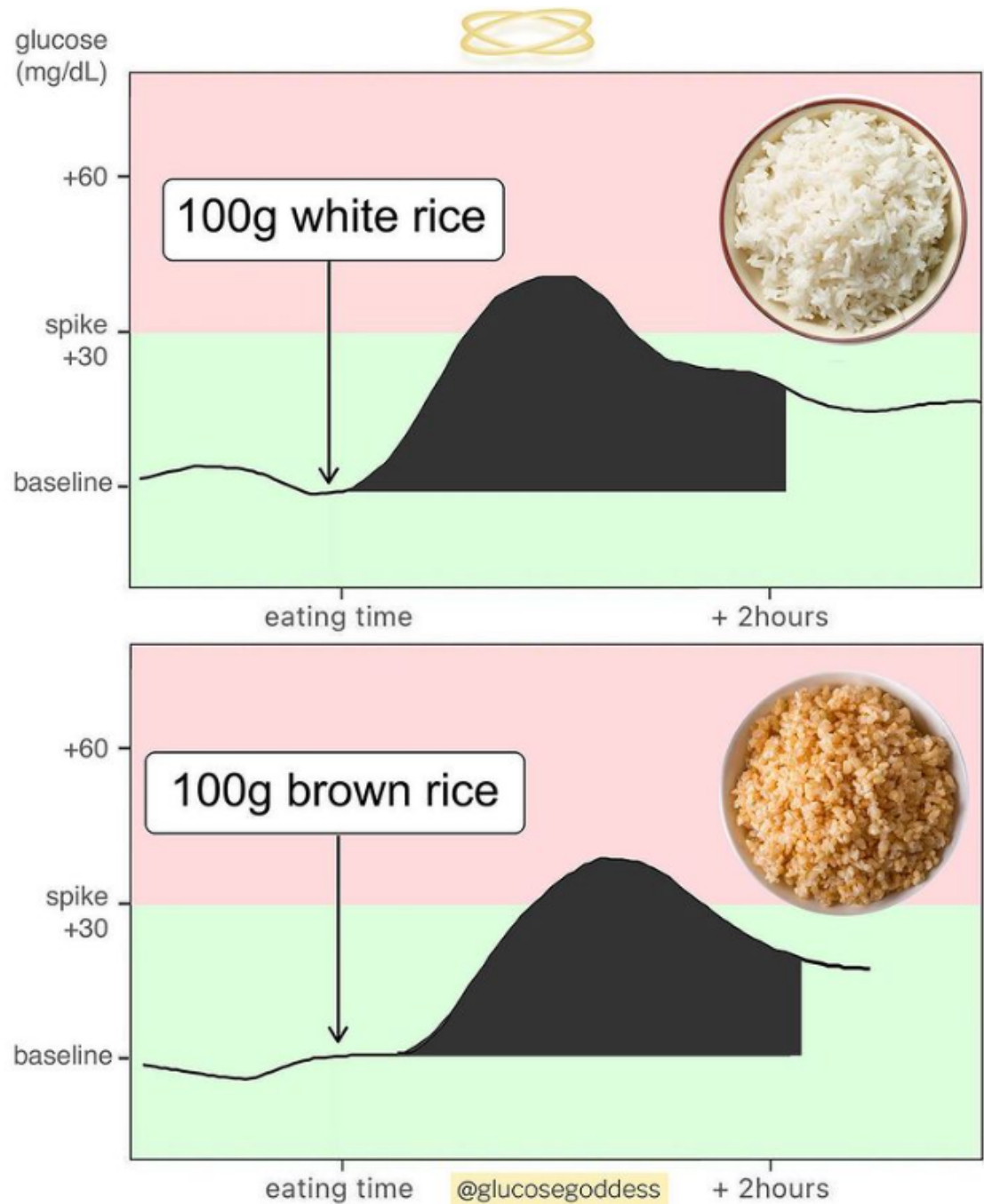
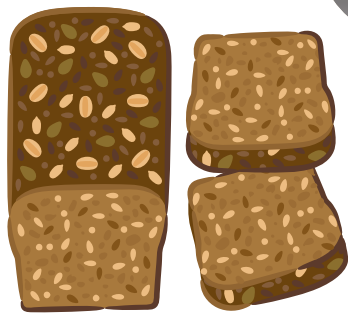
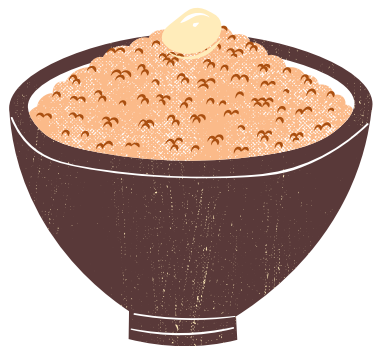


processed

WHOLE FRUITS



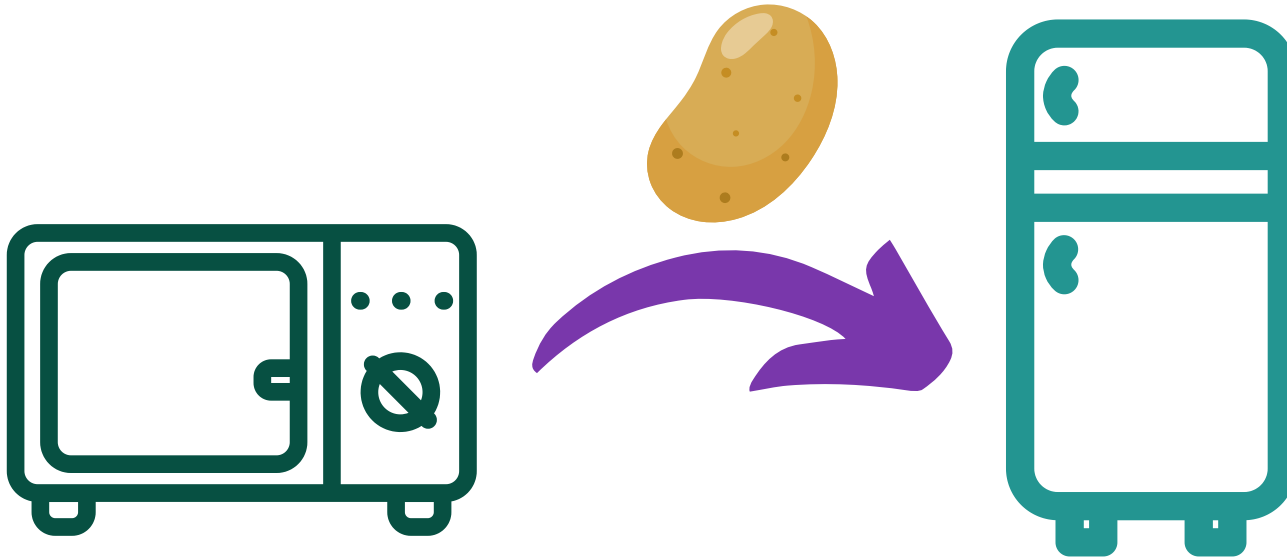
COMPLEX GRAINS



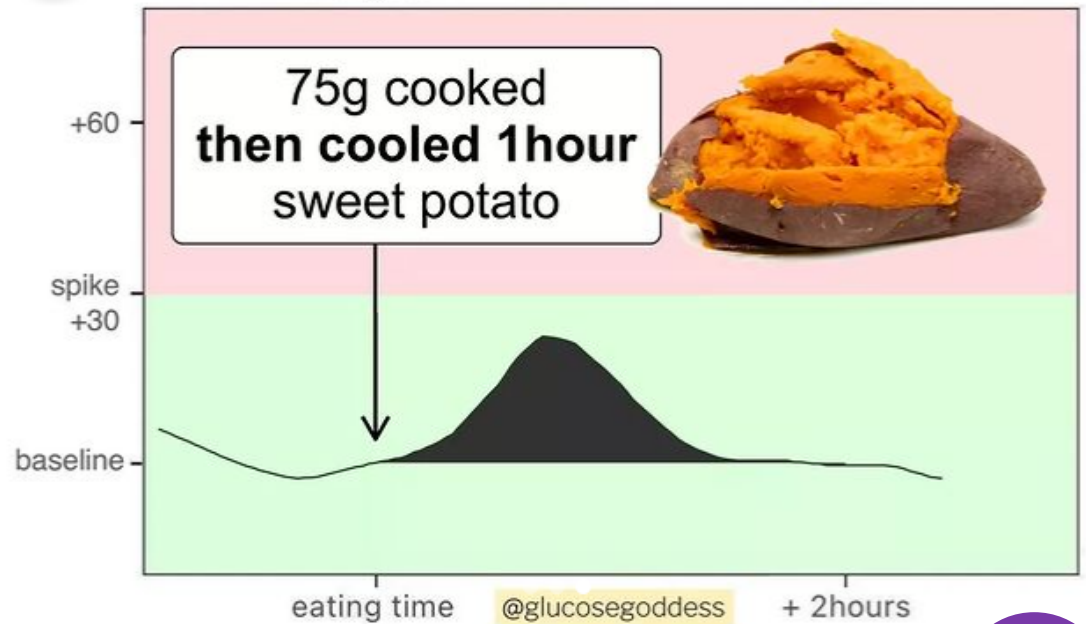
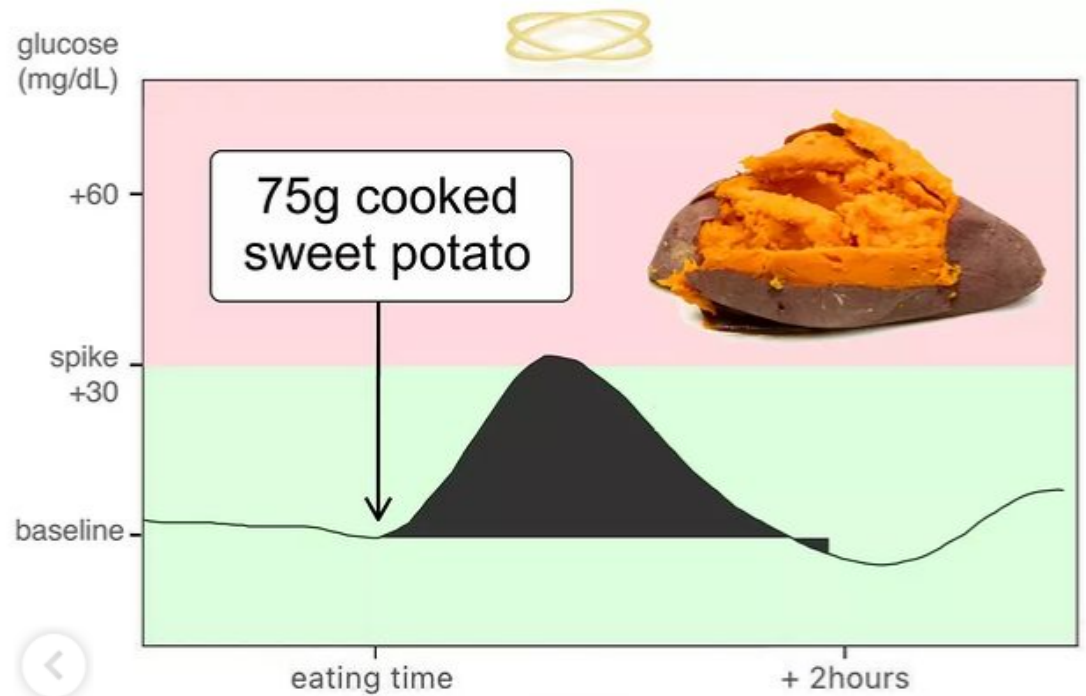
TOOL #2

RESISTANT STARCHES

Starches become "resistant" when you heat and then cool them.



RESISTANT STARCHES



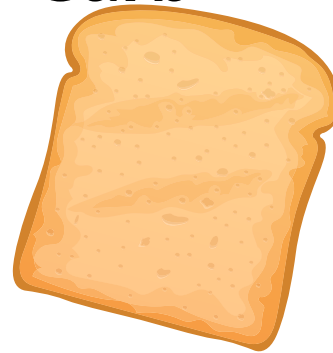
TOOL #3

NO LONELY CARBS

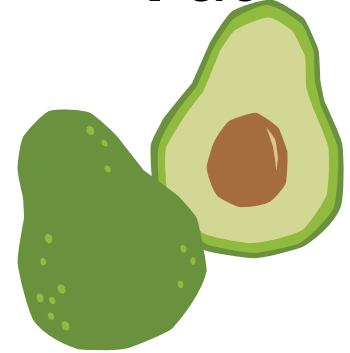
**Make sure carbs
have a friend!**

Pair carbs with another food
group like protein, fat, or a
non-starchy veggie

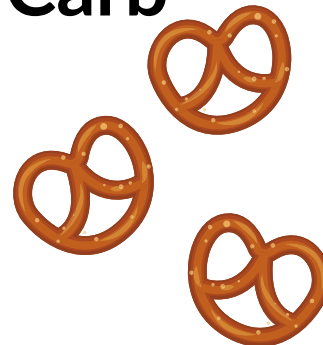
Carb



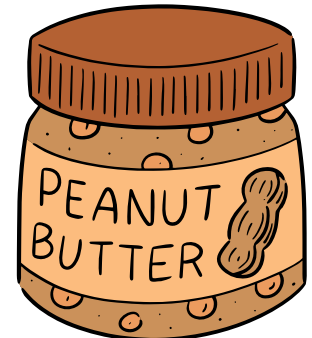
Fat

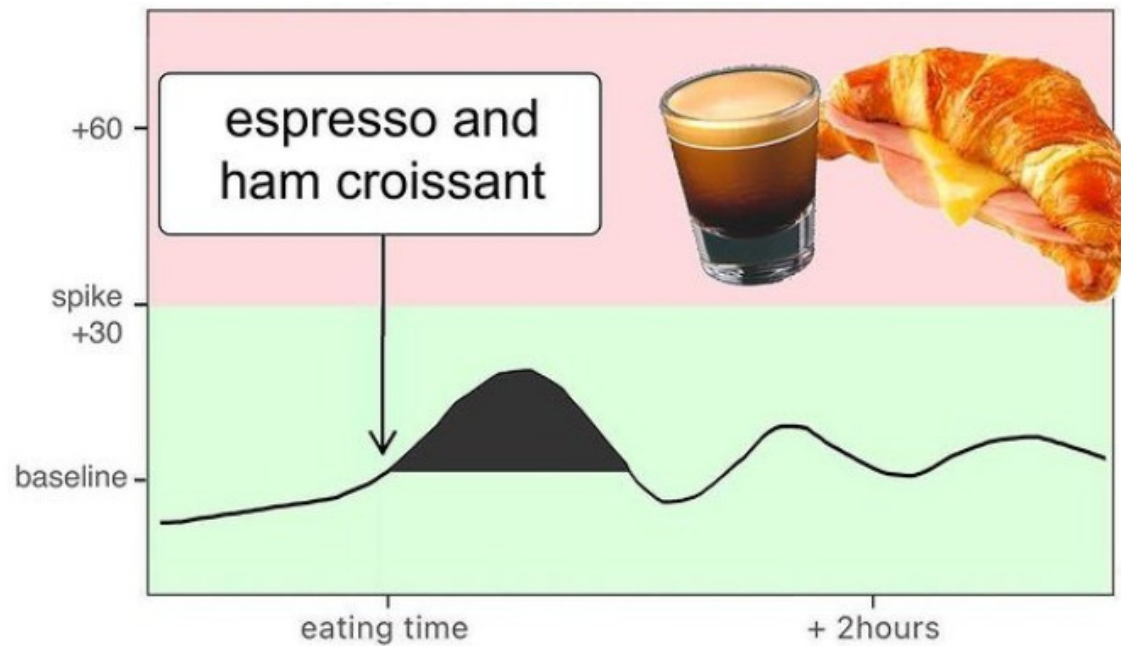
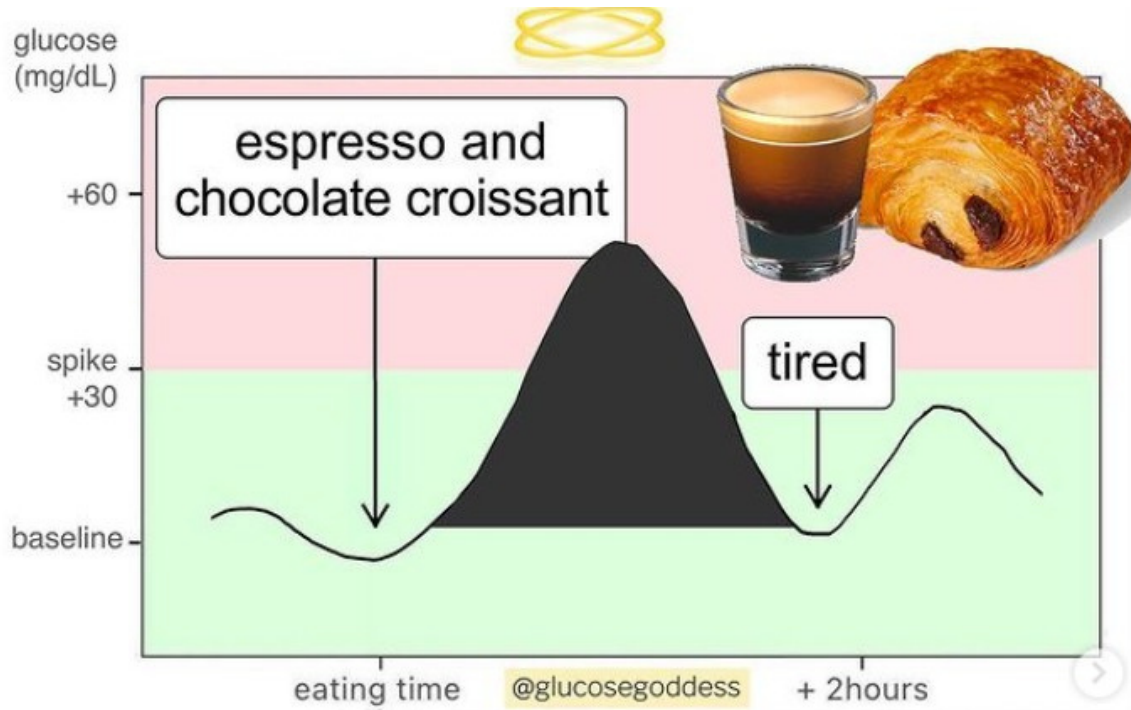


Carb



Protein

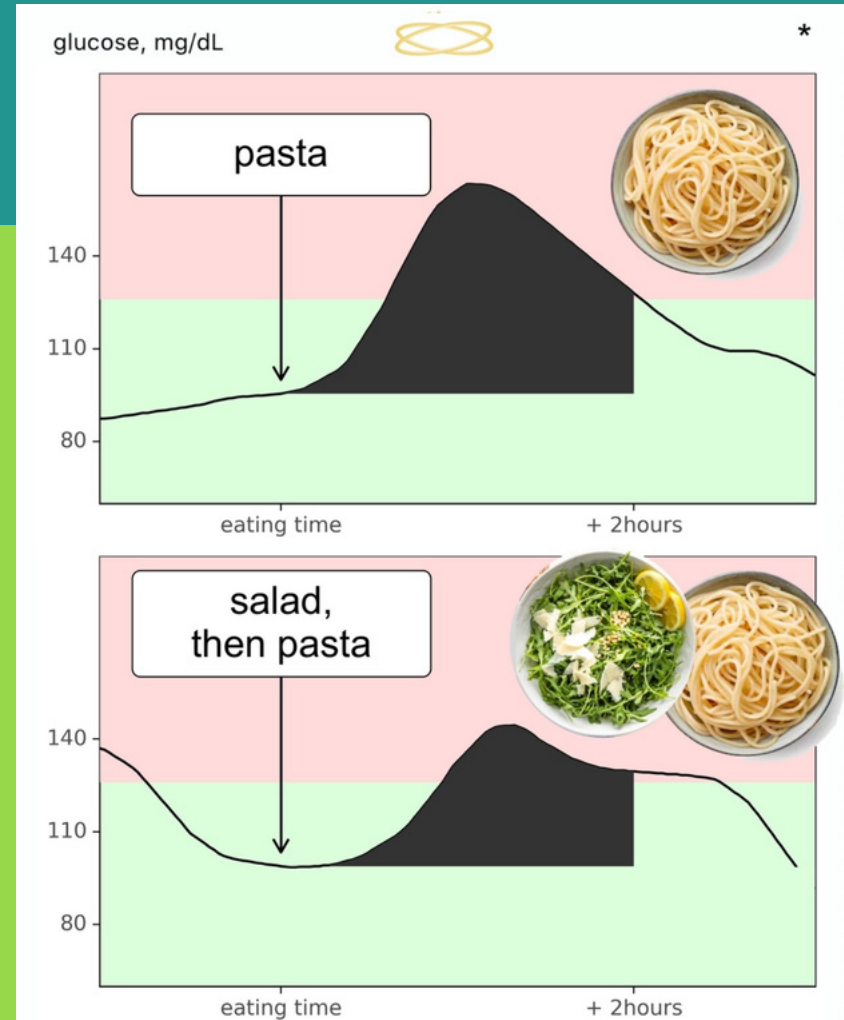


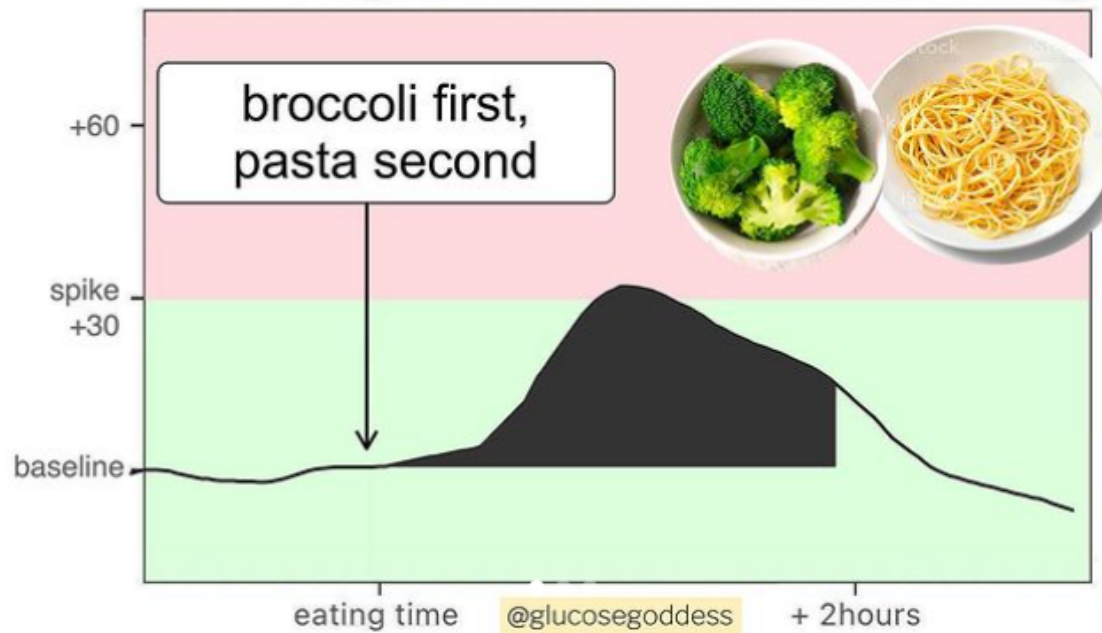
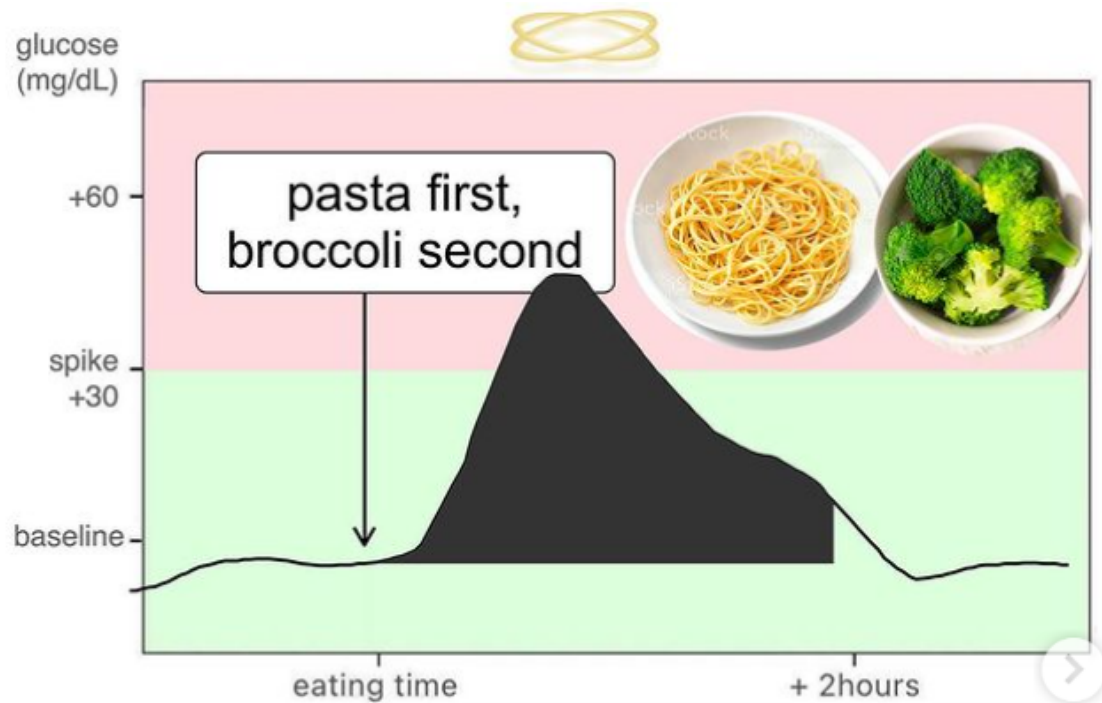


TOOL #4 VEGGIE STARTERS

Start off each meal with a vegetable.

From there eat your protein, fats, and then carbohydrates.





TOOL #5

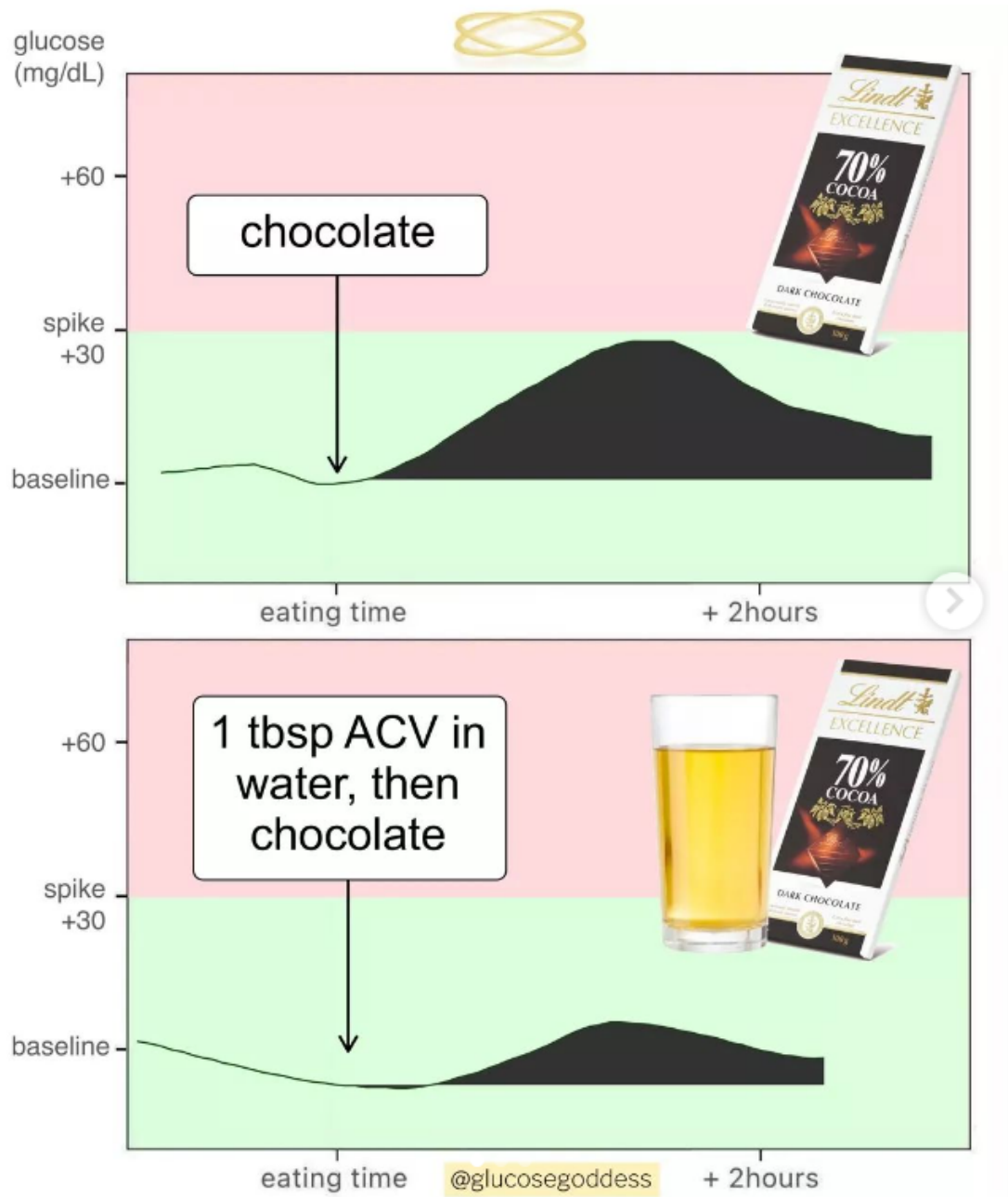
VINEGAR



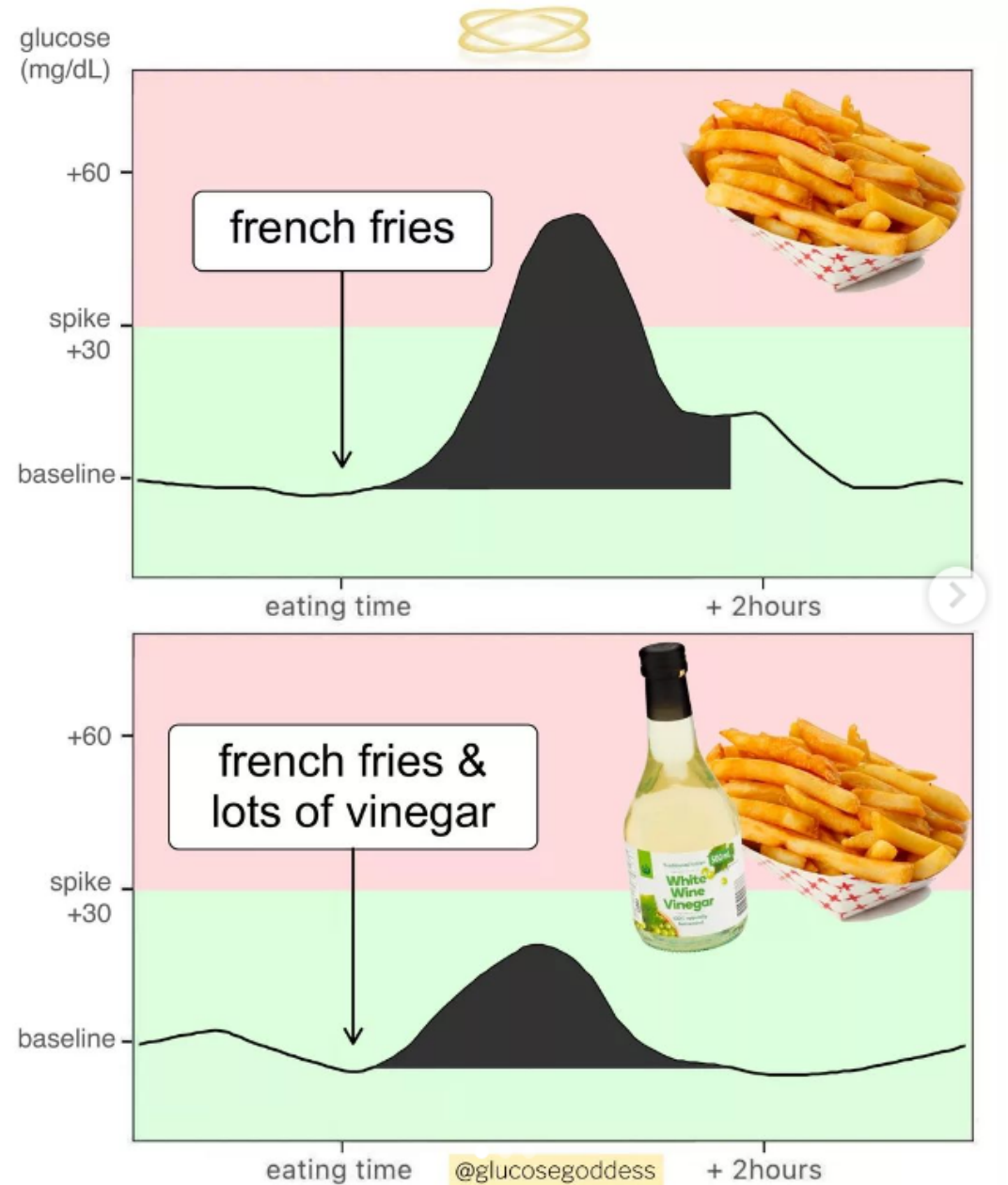
**Take 1 Tbs vinegar (any kind)
diluted in water before
eating OR add it to your food**

- muscles soak up glucose faster
- mitochondria burn more fat
- smaller glucose spike
(reduced by up to 30%)

Apple Cider Vinegar before eating is beneficial



Vinegar with food is beneficial

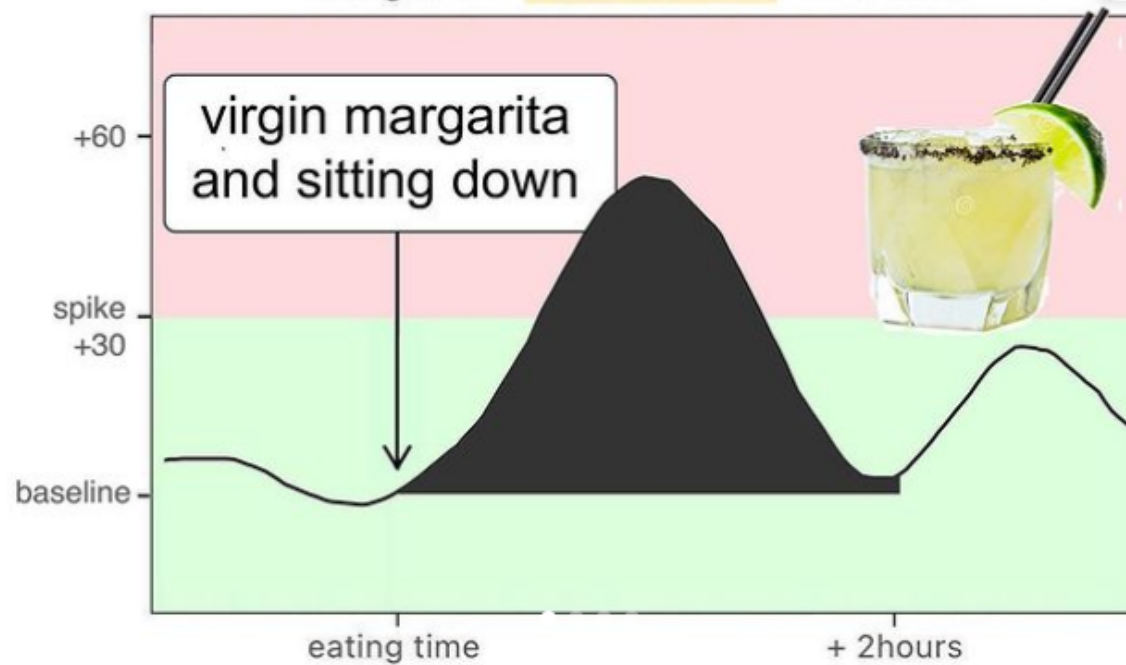
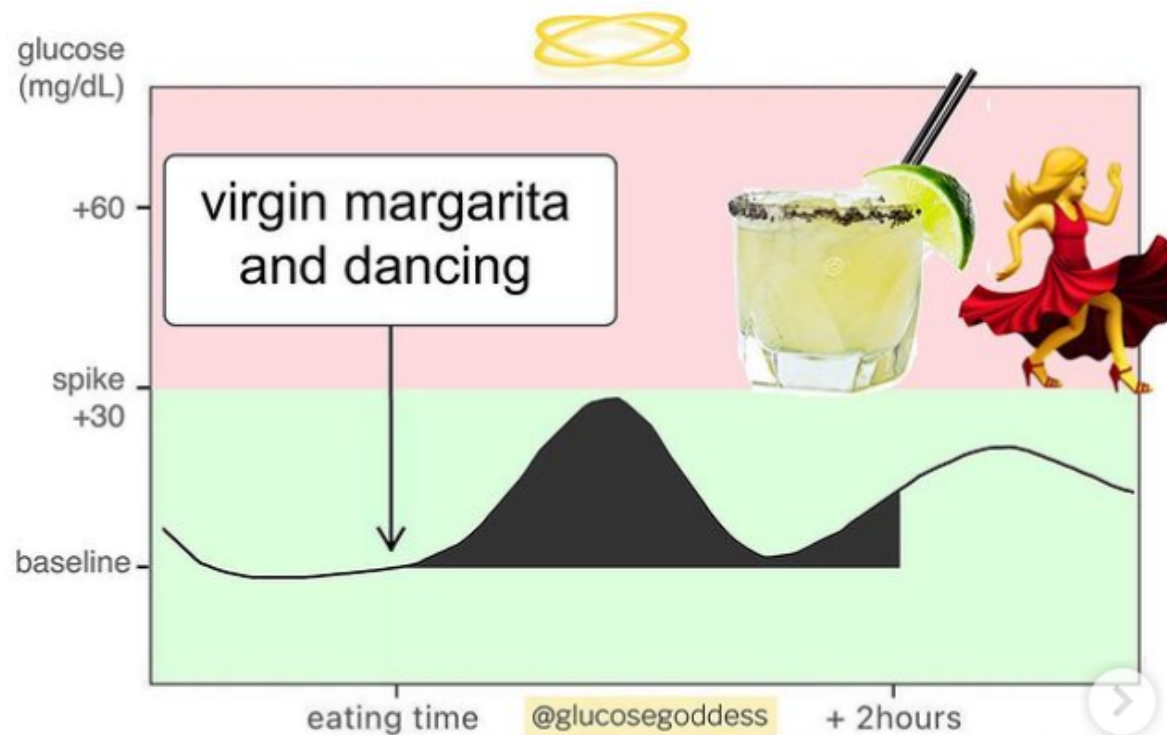


TOOL #6

POST-MEAL MOVEMENT

**Use your muscles for 10 minutes
after eating carbs.**

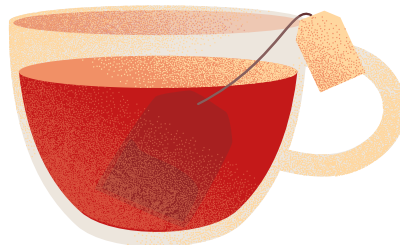
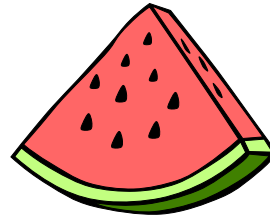
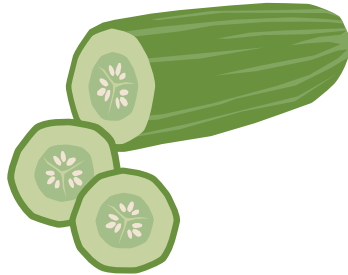




TOOL #7

Stay Hydrated

less water = more concentrated blood sugar



Beware of hidden
sugar in drinks!

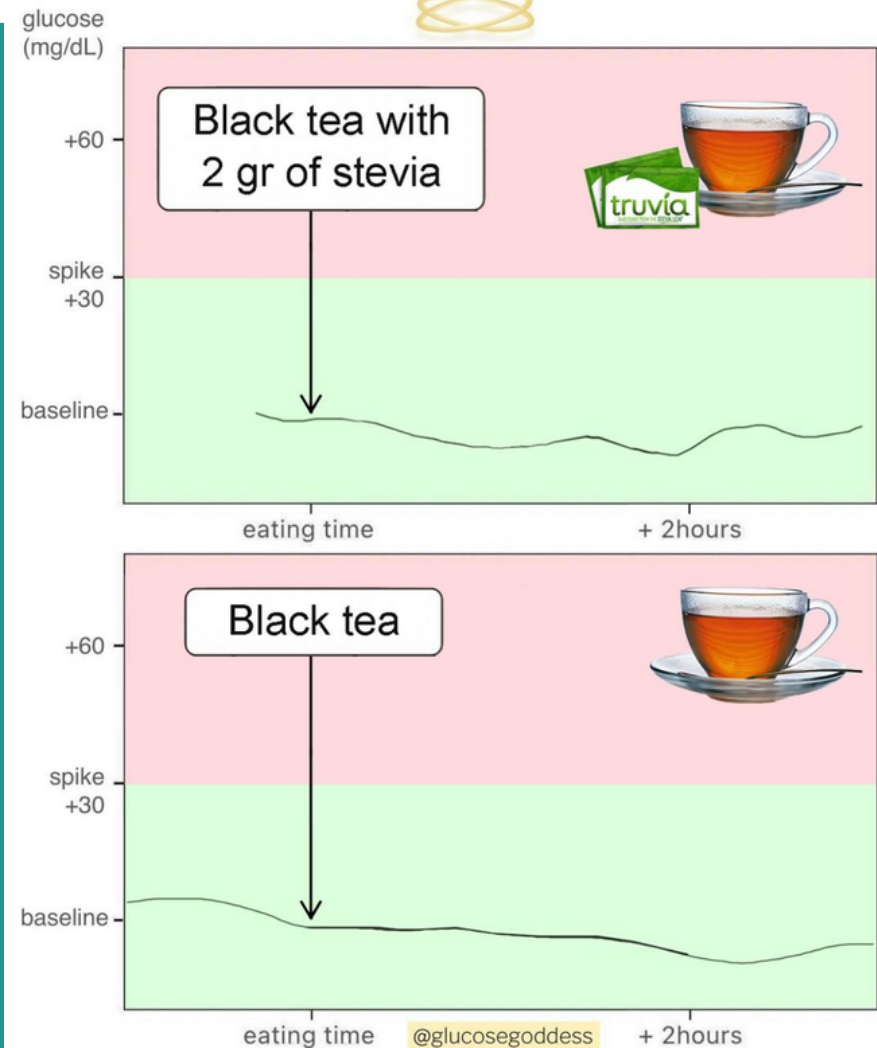
What about Sugar Substitutes?



Sugar substitutes have little effect on glucose spikes, but you don't have to cut out carbs and sugar to have a low glucose spike.



vs



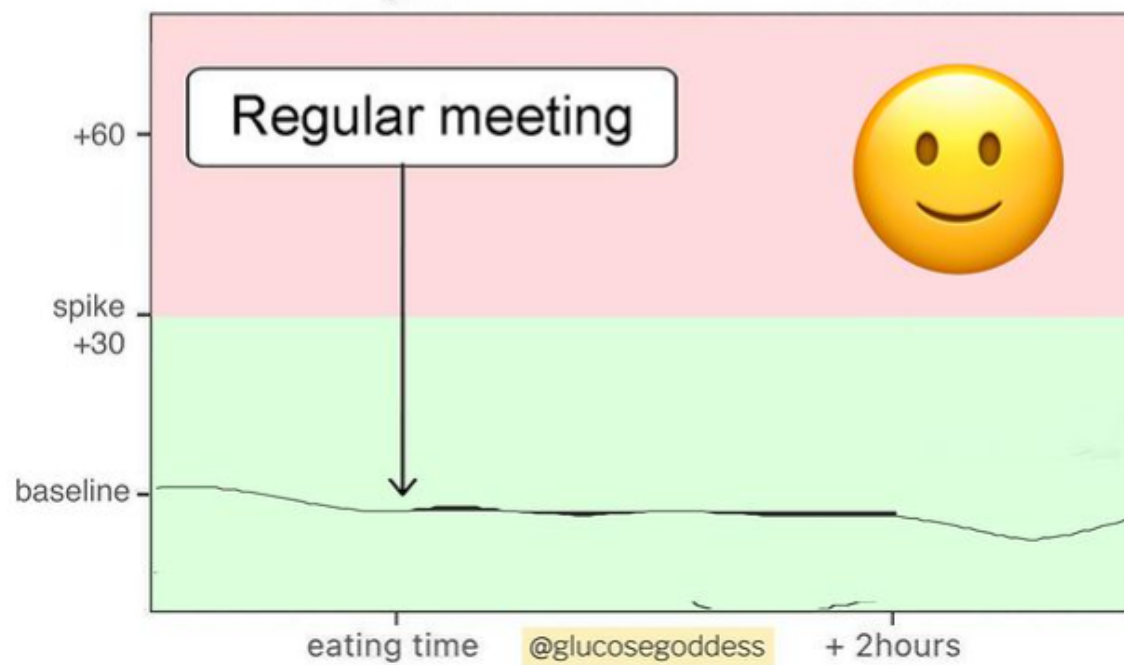
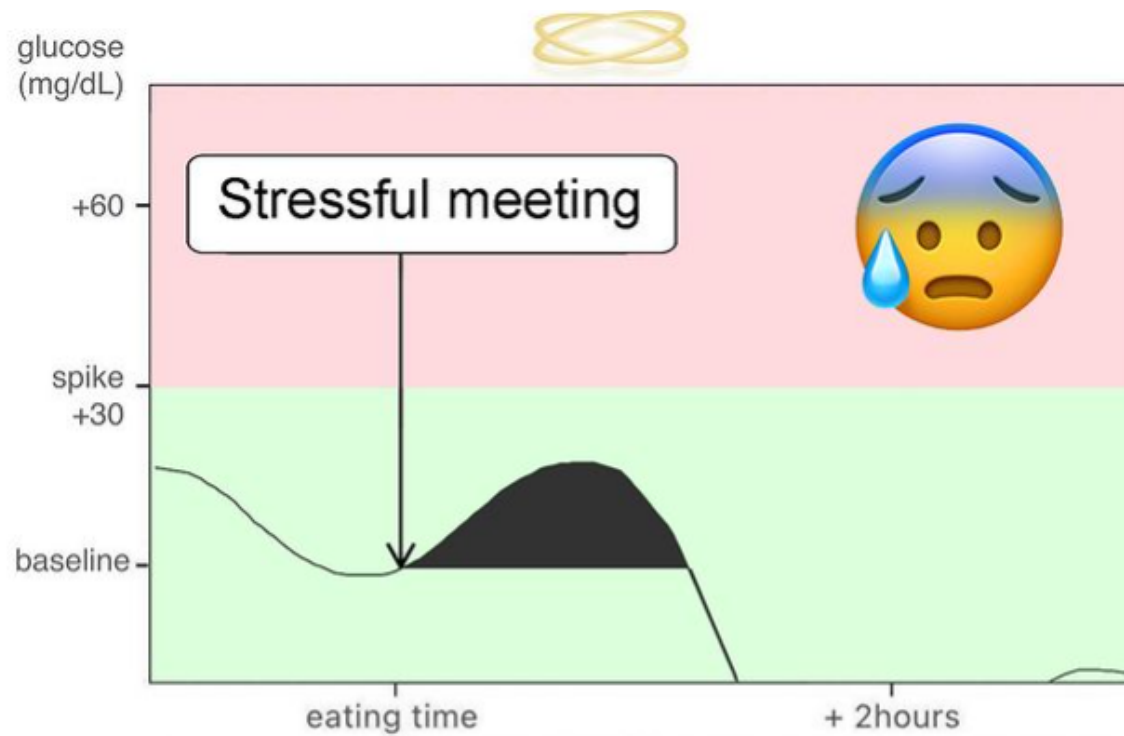
TOOL #8

Manage Stress

" I enjoy being stressed! " - said no one



Tired of feeling stressed and overwhelmed?
I'm sure your body is too!



Stress Management Techniques

Exercise



Yoga



Journal



Breathing exercises



SLEEP

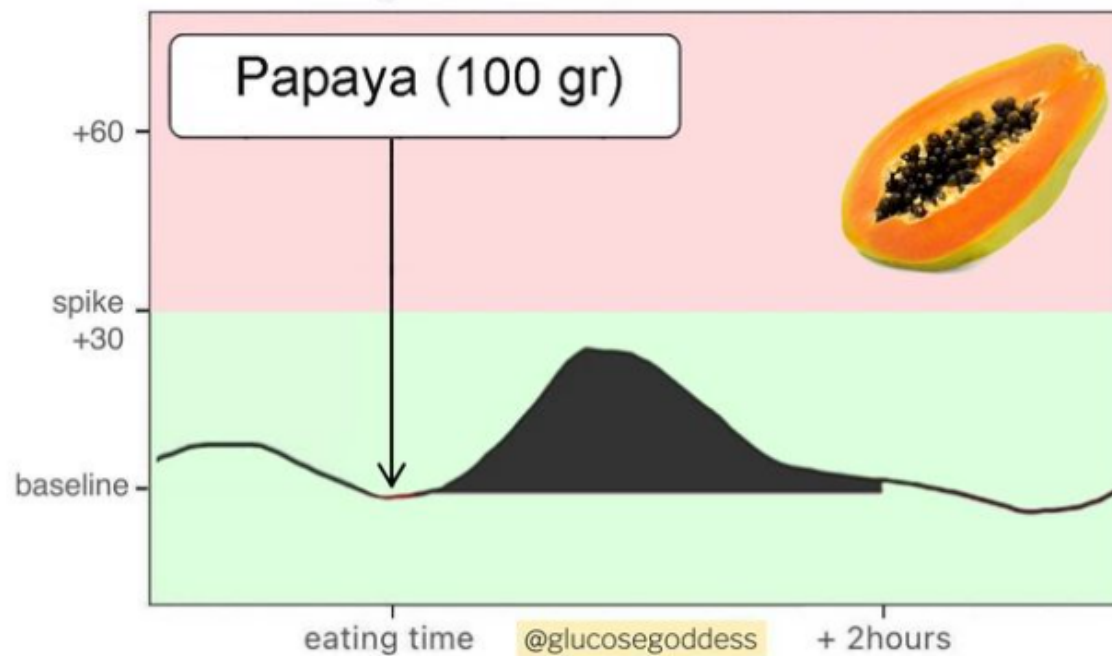
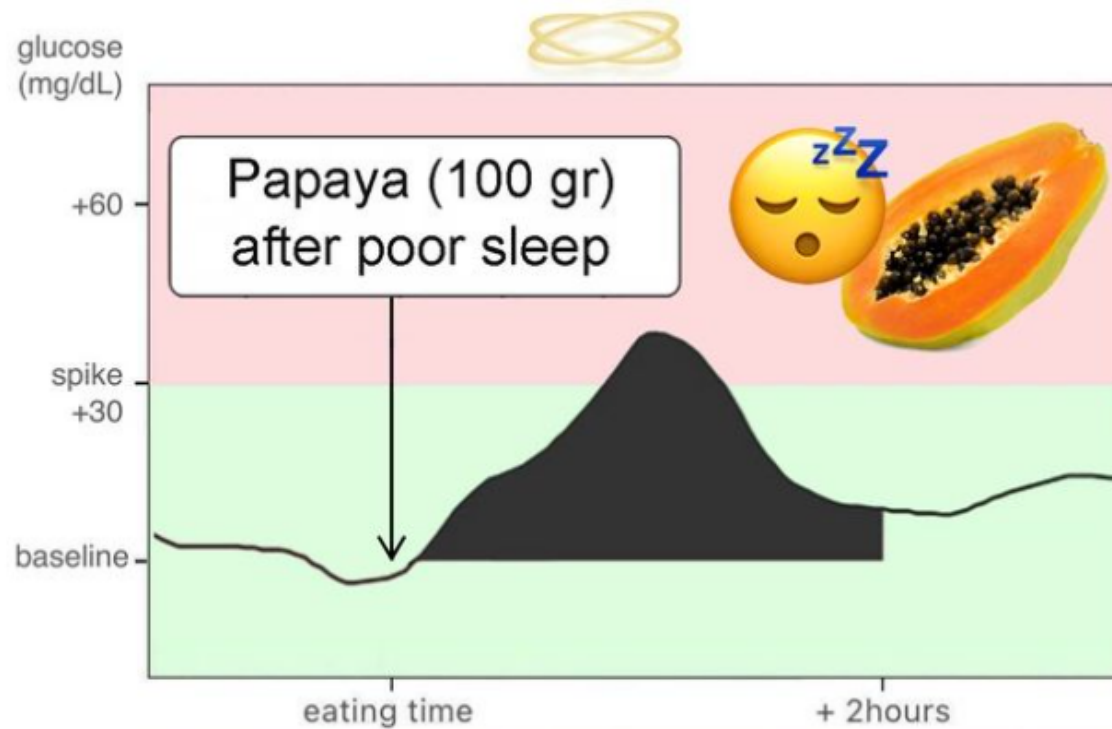
**How much sleep
do you typically
get?**



SLEEP

**Get 7+ hours of
sleep each night.**







- 1.know your carbs
- 2.resistant starches
- 3.give carbs a friend
- 4.veggie starters
- 5.vinegar
- 6.move after you eat
- 7.hydrate
- 8.manage stress
- 9.sleep 7+ hours



Free PDF



9 tools to lower blood glucose spikes *without restriction*

Use one or all of these tips & tricks to lower blood glucose after meals & throughout each day.

1 Know Your Carbs

Eat carbs in their more complex form, such as a whole orange vs. juice.

2 Resistant Starches

Eat leftovers. Starches become "resistant" as they cool.

3 Give Carbs a Friend

Pair carbs with protein or fat (or both!) to slow absorption & lower the curve.

4 Veggie Starters

Grab veggies or a side salad before you dig into the main event. Works every time!

5 Vinegar

1 tsp to 1 Tbsp of vinegar is an easy hack before a sweet snack.

6 Move After Meals

10 minutes of movement is all you need. Take a walk, clean the kitchen, or dance!

7 Hydrate

Aim to drink at least 8 cups of fluid every day to keep blood glucose at bay.

8 Manage Stress

Breathwork, journaling, yoga, exercise. Lowering stress lowers the spike.

9 Sleep

Both how much and how well you sleep matters. Get at least 7 hours each night.

5 Steps to Create a Glucose Friendly Snack Pack



5 Steps to Make A Blood Glucose Friendly SNACK PACK

01

Choose a LEAN protein!

Prioritize protein in your snack pack to reduce the blood sugar spike and keep you feeling full for longer. Lean proteins include: turkey, chicken, fish, and tofu.



Next, choose a DAIRY

02



Cheese or yogurt make a delicious addition to any snack pack! Greek yogurt, cottage cheese, and low-fat dairy tend to be higher in protein.

03

Third, choose a GRAIN

Whole grains have extra fiber. Fiber slows the absorption of carbs into the bloodstream. We recommend choosing whole grain chips, crackers, granola, and bread.



Fourth, add a non-starchy VEGGIE

04



Non-starchy veggies are a great way to regulate blood glucose because they contain fiber! Cucumbers, tomatoes, carrots, celery, broccoli, and peppers are all examples of non-starchy veggies.

05

Eat sweets last!

It's helpful to avoid foods and beverages that are high in sugar and can spike your blood glucose. We recommend eating sweets after a high-fiber, high-protein meal/snack rather than on an empty stomach.



Veggie Starters



Veggie Starters for Better Glucose Control

Consuming foods high in fiber helps prevent blood glucose spikes. For the best results eat a high fiber veggie serving before your meal or be sure to pair one of these starters with a starch every-time you eat.

Serving size:

Dietary Fiber Carbohydrates

1 tbsp or less



HEB Mild Guacamole

2g

2g

1/2 cup or less



Cece's Zucchini Veggicini

1g

3g

Cece's Organic Yellow Squash

1g

3g

Peanut Patch - Boiled peanuts

2g

3g

1 cup or less



HEB Broccoli Baby Florets

3g

5g



HEB Organics Vegetable Medley

2g

5g

Ole Xtreme Wellness! Torilla Wraps

12g

5g

Birds Eye Savory Herb Riced Cauliflower

3g

6g



Green Giant Zucchini Veggie Spirals

1g

2g

Green Giant Riced Veggies Cauliflower

2g

4g

Raw veggies with 2 tbsp of ranch

2g

6g

Raw veggies with 2 tbsp of hummus

3g

6g



How does fiber work?

Fiber is not easily digested by the body. As it moves through your gut it holds onto sugar, helping regulate how much sugar is then released into the bloodstream.

EXCHANGE GUIDES



STARCHY VEGETABLE EXCHANGE

Starchy Vegetables

1 choice = 15 grams of carbohydrate and approximately 80 calories

Baked beans	1/3 cup	Parsnips	1/2 cup
Beans, dried (kidney, lima, navy, pinto, etc.)	1/2 cup	Potato	
Cassava	1/3 cup	baked w/ skin	1/4 large
Corn, canned	1/2 cup	boiled, all kinds	1/2 cup
Fries		mashed, w/ milk and fat	1/2 cup
Shoestring	30	hashed browns	1/2 cup
Medium	10	Pumpkin, no sugar added	1 cup
Steak	6	Squash (acorn, butternut, or winter)	1/2 cup
Mixed, frozen	1/2 cup	Succotash	1/2 cup
Peas, green	1/2 cup	Sweet Potato	1/2 cup
Plantain, ripe	1/3 cup	Yam	1/2 cup

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Corn

Del Monte

- Cream Corn, no salt added (70/15) ----- 1/2 cup
- Whole Corn, no salt added (60/13) ----- 1/2 cup

Green Giant Fresh Steamers

- Extra Sweet Niblets Corn (70/13) ----- 2/3 cup

Sensible Foods

- Corn Crunch Dried Snack (80/18) ----- 2 (12g) pkg



Fries, sweet potato

Alexia

- Sweet potato fries w/ sea salt (95/16) ----- 2 oz (8 pieces)



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MIND-FRIENDLY

DONATE NOW

Eating Out
Grocery Shopping
Menu Planning

A top-down view of a white plate with a blue rim, filled with several fresh dumplings. The dumplings have translucent wrappers and are filled with a variety of colorful ingredients including purple cabbage, orange carrots, green herbs, and white onions. They are garnished with white and black sesame seeds. In the center of the plate is a small bowl of orange-colored dipping sauce, also topped with sesame seeds. Fresh green mint leaves are scattered around the dumplings.

Living Healthy, Made Easy.

forkfriendly.com



please join us

MINDFRIENDLY:
**Fueling your body, while being
kind to yourself**

August 16
10:30-11:30



We love to chat!

send us your questions or say hello



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