

10 Tips to Keep Your Blood Sugar Stable!

- 1.) Eat the first meal of the day within an hour upon waking!
- 2.) Include protein, carbohydrates and fats in all of your meals &/or snacks
- 3.) Eat every 3-4 hours during the day
- 4.) Know the right ratios for your meals ... the amount of protein, carbohydrates and fats that is optimal for you!
- 5.) Pay attention to the quality of foods that you are eating.
- 6.) Every time you eat, whether it is a meal or a snack, you should consume approximately the same amount of calories.
- 7.) Don't Skip Meals
- 8.) Always have a plan.
- 9.) Always have a back up plan (meal replacements).
- 10.) Choose your protein first then build your meal around it
- 11.) Know how to get back on track quickly.

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