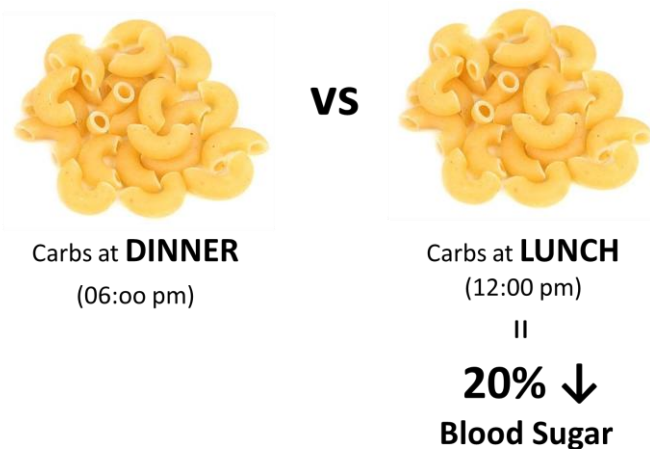


# Ways to Mitigate the Blood Sugar Raising Effects of Carbohydrates

Every time you eat **carbohydrates** (including **bread, rice, pasta, noodles, potatoes, cereals, baked goods, cookies, crackers & chips**), your blood sugar level increases. Here are ways to minimize that increase...

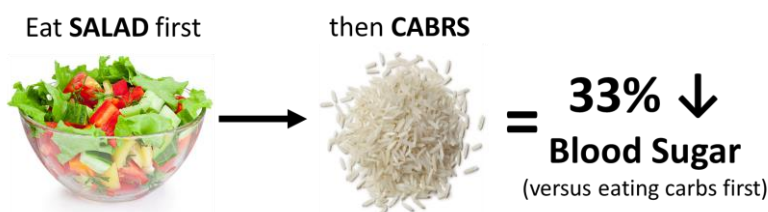
**Eat carbs earlier in the day, avoid carbs later in the day<sup>1</sup>**



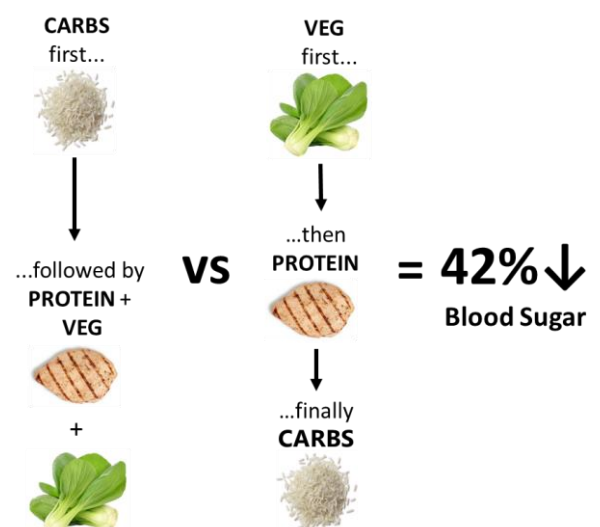
**Avoid eating carbs alone, try to combine carbs with protein (beans, nuts, fish, eggs, meat)<sup>2</sup>**



**Eat a salad/vegetables, ideally dressed with olive oil & vinegar, before eating carbs<sup>3,4</sup>**



**Eat carbs at the end of the meal<sup>5</sup>**



# Ways to Lower Blood Sugar Levels (Hemoglobin A1c)

**Eat all of your meals between 8am to 6pm and fast for 14 hours overnight<sup>1</sup>**

-time restricted eating can **decrease A1c by 1.54%**  
(this is greater than 1000 mg of metformin taken twice daily which lowers A1c by 1.38%<sup>2</sup>)  
-if you can't fast for 14 hours overnight, strive to eat dinner as early as possible and fast overnight for as many hours as possible

**Eat low-GI carbs instead of high GI-carbs<sup>4</sup>**

-eating low glycemic index carbs can **decrease A1c by 0.31%**

LOW GI CARBS	HIGH GI CARBS
-parboiled rice -brown rice -wild rice -al dente pasta -barley -oats -sourdough rye bread -corn tortillas -soba noodles	-white bread -white rice -gluten-free bread -bagels -most commercial breakfast cereals -instant oats -white potatoes -pita bread -wheat noodles

**Exercise for at least 150 minutes per week<sup>3</sup>**

-a mix of **aerobic exercise** (running, speed walking, dancing, swimming) combined with **resistance exercise** (weight-lifting, calisthenics [sit ups, push ups], certain types of yoga) is ideal, and can **decrease A1c by 0.5%**

**Increase intakes of dietary fiber<sup>5</sup>**

-eating as many **fiber-rich foods** as possible every day can **decrease A1c by 0.36%**, be sure to increase water intakes when increasing fiber intakes

SOURCES of DIETARY FIBER	
VEGETABLES	FRUITS
-Green Peas -Artichoke -Pumpkin -Brussel Sprouts -Carrots	-Avocado -Pears -Mangoes -Berries -Apples
LEGUMES	NUTS
-Beans -Split Peas -Lentils -Chickpeas	-Almonds -Pistachios -Peanuts -Walnuts
SEEDS	GRAINS
-Quinoa -Chia seeds -Flaxseeds	-Oats -Bulgur -Barley -Corn -Brown Rice -Wild Rice