

Maintaining Healthy Blood Sugar Levels

1. Follow a Regular Meal Schedule

This is essential for good blood sugar control. Eat three regular meals a day spaced between 4 to 5 hours apart. Don't skip or delay meals too long as this can lead to over-eating or poor choices which may affect blood sugar control.

2. Watch Your Portions

Even eating too much of healthy foods can lead to weight gain and poor blood sugar control. Balance your calories.

3. Moderate Sugars

Reduce sugars (white and brown), honey, and molasses. Limit the use of sweeteners such as Equal, and Splenda. You can cut back on the amounts of sugar and fat in your favorite recipes by $\frac{1}{4}$ to $\frac{1}{2}$.

4. Limit Fat Intake

- Reduce amount of added fats – margarine, mayonnaise, salad dressing, or switch to "light" products.
- Choose liquid oils for cooking instead of solid fats that may be high in trans fats.
- Avoid fried foods and choose leaner cuts of meats and low-fat dairy products.
- Include fish, dried beans and lentils in your meals 2–3 times a week.

5. Carbohydrate Containing Foods

Starchy foods like cereal, bread, rice, pasta, and potatoes are converted to glucose in the body. There is no need to cut these foods out, but keep to controlled portions at meals. Choose whole grain foods over processed grain products. Eat non-starchy vegetables such as spinach, broccoli or green beans with meals.

6. Drink Plenty of Water

Avoid all sodas, drink mixes, iced tea drinks, and fruit juices. Limit diet soda, sugar free drink mixes, and fruit juice to one 4 oz serving a day. Try to stick to plain drinking water.



7. Exercise!

Be active! Any form of physical activity will help to control sugars tremendously.

The Sugar Fact Sheet

- Food sources of naturally occurring sugars also provide vitamins, minerals, and fiber.
- There is a minimum requirement for total carbohydrate, which includes six servings of whole grains, three servings of vegetables and two fruit servings.
- Simple sugars include sucrose, glucose, fructose, dextrose, and other '-ose' variations.
- The Glycemic index or GI is a measure of the effects of carbohydrates on blood glucose levels. Choose low GI foods.

Classification	GI Range	Examples
Low GI	55 or less	fruit, vegetables, grainy breads, pasta, milk, beans/legumes
Medium GI	56 – 69	whole wheat products, brown rice, table sugar
High GI	70+	baked potato, white bread, candy

Maintaining Healthy Blood Pressure Levels

Where the Sodium Is	
Sodium Content	Examples
1 – 140	apple, fresh tuna, potato, corn, water, milk, butter, bread, fresh chicken
145 – 499	dry milk, potato chips, apple pie, canned corn, pound cake, salad dressing
500 – 999	bacon, tomato soup, jumbo burger, chicken pie,
1000+	soy sauce, salt, ham, meat loaf, chicken dinner

1. Take Salt a Grain at a Time

Salt is made up of sodium chloride. Too much of it holds excess fluid in the body. This puts an added burden on the heart. Excess salt in the diet may contribute to high blood pressure in some people. In cases of high blood pressure, or hypertension, people are asked to cut down the amount of salt in their diet.

2. Monitor Sodium (Salt) Intake

Break the habit of adding salt to food at the table. Avoid highly processed canned foods. Use fresh or frozen ingredients when possible. Look for foods with less than 140 mg of salt (sodium) per serving and limit intake to 2400 mg/day.



3. Beware of 'Hidden' Salt

Ask your doctor or pharmacist about potassium containing salt substitutes, or medication not ordered by your doctor as they may contain sodium.

4. Replace Salt with Herbs Weekly

Herbs and herb blends contain just a trace of sodium and can add great flavour. But be sure to read herb blend labels as some combinations include salt and sodium in the recipe.



Possible Salt Replacements;

- Mrs. Dash – No Added Salt
- McCormick's – No Added Salt
- Emeril's Essence Italian

5. Fluid and Fast Food

- Drink 6–8 cups of fluid per day if advised by doctor.
- Avoid salty convenience, processed, and fast foods.

The Sodium Fact Sheet

- Sodium maintains the nerve transmission, acid-base balance, muscle contractions, body's fluid and electrolyte balance.
- The average adult consumes 8000 mg/day.
- Increases in sodium intake will increase blood pressure for 'salt-sensitive' people.
- If you have high blood pressure then limit your salt (sodium) intake to 2400 mg/day.

