



# Lifestyle Tips for Blood Sugar Control

Advice from the National Lipid Association Clinician's Lifestyle Modification Toolbox

## Why do I need to control my blood sugar?

You may have high blood sugar if you have prediabetes or type 2 diabetes. High blood sugar raises your risk of heart disease.

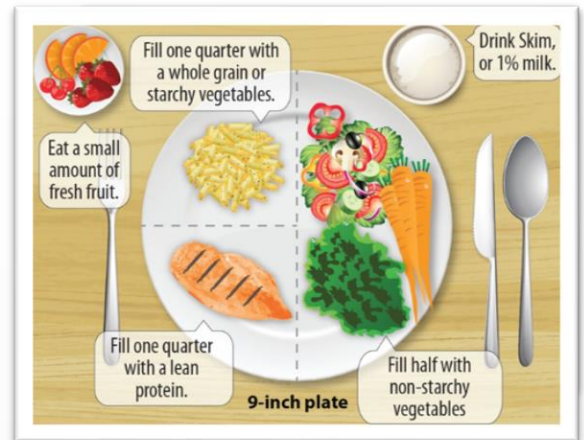
## What foods affect my blood sugar?

Foods with carbohydrate raise your blood sugar. You don't have to stop eating these foods. Eating a smaller amount can help with blood sugar control. Eating carbohydrate foods high in fiber can help too. You could start by trying to keep carbohydrates to these amounts:

- Women: 30–45 grams carbohydrate each meal
- Men: 45–60 grams carbohydrate each meal

If you eat snacks, limit them to 15–30 grams of carbohydrates.

Lean protein foods and healthy fats can help you feel full. Try to make your plate look like the picture of the plate to the right. Try the tips below to help control your blood



## Tips for Blood Sugar Control

### Non-starchy vegetables – low in carbohydrates

Fill  $\frac{1}{2}$  of your plate with colorful, non-starchy vegetables

- Asparagus, broccoli, Brussels sprouts, carrots, eggplant, green beans, and orange, red, and yellow peppers
- Dark greens like arugula, kale, or spinach

### Lean protein-rich foods

Fill  $\frac{1}{4}$  of your plate with lean protein foods and healthy fats

- Fish like salmon, tuna, and trout
- Chicken or turkey with no skin
- Lean red meat like “round” and “loin” cuts
- Tofu and low-fat cottage cheese
- Egg whites and egg substitutes are great protein choices

### Whole grains and starchy vegetables have carbohydrates

Limit to  $\frac{1}{4}$  of your plate

- Choose high fiber carbohydrate foods
- Beans and split peas
- Brown rice, oats, sweet potatoes
- 1 slice of whole wheat bread

### Milk and fruits have carbohydrates

- Fresh fruit, frozen fruit with no added sugar, or canned fruit in its own juice
- Limit juice to one  $\frac{1}{2}$  cup serving a day
- Skim or 1% milk
- Non-fat or low-fat yogurt with no added sugar

### Choose Heart-Healthy Fats

- Avocado, unsalted nuts, peanut and nut butter, and seeds
- Liquid oils like canola, corn, olive, soybean, and safflower oils

## Tips for Better Blood Sugar Levels

- Eat 3 meals each day and 1–2 snacks, if needed
- Choose to drink water, or tea and coffee with no sugar
- Avoid drinks with sugar like regular soda, sweet tea, fruit punch, lemonade, and sport drinks.
- Try to be active every day. If you are not doing any exercise, start with just a few minutes of activity a day.
- If you need to lose weight, decrease your calories by following the tips above. Moving more can help, too. A small amount of weight loss may improve your blood sugars.

A registered dietitian nutritionist (RDN) can help you make a heart-healthy meal plan that works best for your lifestyle and support you in your nutrition journey.