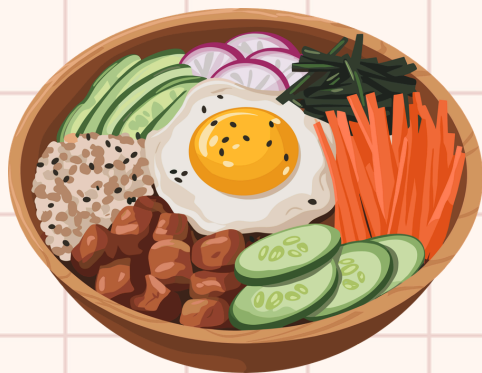


6 Ways to Hop Off the Blood Sugar Roller Coaster

Why Blood Sugar Matters

When your blood sugar spikes and crashes, you'll likely feel tired, foggy, moody and crave more sugar. Keeping it steady throughout the day protects your energy, mood, and metabolism.

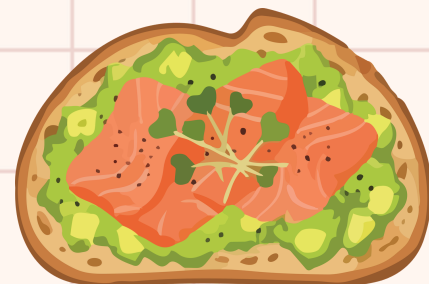


1. Your First Meal is Important

Starting your day with a fat, protein & fiber forward meal sets you off on the right foot and can set the tone of your energy for the day. Try: a veggie scramble, breakfast bowl or protein smoothie.

2. Put Clothes on Your Carbs

Pairing carbs and sugar with fat, protein, or fiber slows down how fast sugar hits your bloodstream and keeps you satisfied longer. Try: apple with almond butter, crackers with hummus or avocado toast with smoked salmon.





4. Have Your Caffeine With Food or Add a Fat

Coffee on an empty stomach can spike your blood sugar before you've eaten a thing — caffeine triggers cortisol, which can raise blood sugar. *Try: coffee with breakfast, or add a splash of cream or coconut milk*

5. Try Apple Cider Vinegar Before Your Meal

The acetic acid in apple cider vinegar helps slow down how quickly your body breaks down carbohydrates, which can soften blood sugar spikes. *Try: mixing 2-3 tsp into 8oz+ of water and drink it before eating. Or use it as a salad dressing and eat first.*



6. Move After Your Meal

Moving after eating helps your muscles absorb glucose before it spikes. This is not a punishment or workout. *Try: Walk around the block, play with your dog, do some squats, dance around — just move.*