

BALANCING BLOOD SUGAR: TIPS FOR EVERYONE

**DID YOU KNOW
PRE-DIABETES OFTEN HAS
NO SIGNS OR SYMPTOMS?**



Pre-diabetes can lead to Type 2 Diabetes and increase the risk of heart disease and stroke.

Lifestyle intervention including regular physical activity, healthy eating and good sleep is the first line of defence in preventing and managing pre-diabetes.

16% of Australians have pre-diabetes, but the actual number is probably much higher due to underdiagnosis.

Type 2 diabetes can be prevented in 58% of cases with improved eating habits and increased physical activity.

It's crucial to act early, as reversing pre-diabetes is MUCH easier than reversing type 2 diabetes

EVERYONE can benefit from eating foods that balance their blood sugars.



WHAT IS PRE-DIABETES?

Prediabetes is a condition where blood sugar levels are **higher than normal** but not yet high enough to be diagnosed as Type 2 Diabetes.

IT'S A WARNING SIGN YOU'RE ON THE PATH TO DIABETES AND RELATED HEALTH ISSUES IF YOU DON'T CHANGE YOUR EATING OR EXERCISE HABITS.

WHO IS AT RISK?



Eating the right foods helps **stabilise blood sugar and maintain a healthy weight**. Eat lots of vegetables, fruits, legumes, lean protein, low-fat dairy, and whole grains.

Family history of pre-diabetes and type 2 diabetes

Being overweight or obese

Lack of exercise and too much sitting during the day

High blood pressure

High cholesterol levels

Not enough quality sleep

History of gestational diabetes

FOOD AND YOUR BLOOD SUGAR LEVELS

THE GLYCEMIC INDEX (GI) TELLS YOU HOW QUICKLY FOOD CAN SPIKE YOUR BLOOD SUGAR LEVELS.

High GI Foods cause a rapid spike in blood sugar levels. High blood sugar levels over time can increase your risk of pre-diabetes and type 2 diabetes.

Low GI foods cause a slower and smaller rise in blood sugar levels, helping manage blood sugar and reducing Type 2 Diabetes risk.

HIGH GI

LOW - MED GI



white bread bagels white rolls

BREAD



dense wholegrain breads sourdough corn tortillas



sugary cereals quick oats cornflakes rice bubbles

CEREALS

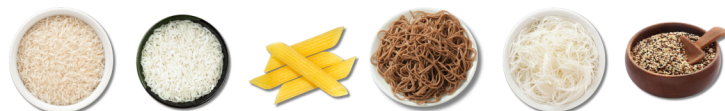


rolled or steel cut oats wheat bran natural muesli Weet-bix



jasmine rice shortgrain rice

GRAINS



basmati rice long grain rice pasta soba noodles fresh rice noodles quinoa



water crackers rice crackers

CRACKERS



grainy seeded crackers



white potatoes

STARCHY VEGE



sweet potato



parsnip



corn



low GI varieties of white potatoes: Nicola & Carisma



rock melon



watermelon

FRUIT



apples



bananas



oranges



berries



peaches

MOST FRUIT!



lollies biscuits fries pastries

HIGHLY PROCESSED FOODS

LEGUMES



lentils chickpeas beans

HOW TO STABILISE YOUR BLOOD SUGAR

FOOD PAIRING

It is not realistic to eat low GI foods all the time. This is where food pairing helps.

This simply means balancing your meals and snacks by **pairing nutrients** together that help keep your blood sugar levels **stable**.

Include a source of **protein, fibre, healthy fats and even acid** in all meals and snacks.



FOOD PAIRING EXAMPLES

Pair Low GI Foods with **fibre, protein, healthy fats & Acid**

HIGH GI



white potatoes



HIGH FIBRE



green veggies

HIGH GI



white bread



HEALTHY FATS



avocado

HIGH GI



watermelon



LEAN PROTEIN



low fat Greek yoghurt
(no added sugar)

HIGH GI



shortgrain rice



ACID



squeeze lemon juice
over some vege

A REALISTIC APPROACH TO BALANCING BLOOD SUGARS

NO STRICT DIETS

- You don't need to follow a strict diet.
- Focus on including a **variety** of foods into each day.
- When making a meal or snack include at least **3-4** food groups to stabilise blood sugars: **wholegrain carbohydrates, lean protein, fruit, veggies and healthy fats.**
- Enjoy occasional treats in **moderation** (try to pair them with foods high in fibre, protein, healthy fats and acid).

CHAT TO YOUR GP

- Get **regular** check ups with your GP.
- If you're **concerned** about pre-diabetes or have a known family history of type 2 diabetes, book in a check up with your doctor.

MOVEMENT BREAKS

- Avoid **sitting** for long periods of time
- Take **regular** 'movement breaks' across the day to keep your blood sugar levels down like a walk around the block, or a few minutes of squats, star jumps or full body stretches.
- **Any movement** is better than none!

REGULAR EXERCISE

- Include **resistance training** twice a week eg body weight exercises, lifting weights, cross-training, pilates, or yoga.
- Try to do **30 mins of moderate intensity** physical activity each day like a brisk walk or swimming.



Please note the advice provided is general in nature and **should not** replace any advice you were given by your doctor or health professional. For more information about pre-diabetes visit [The National Diabetes Services Scheme Australia](#)