

Blood sugar, or glucose, is influenced by many factors. Understanding these can help you make informed decisions to maintain healthy levels. Here's an overview of the key factors and their impact on blood sugar.

## 1 Diet

What you eat plays a significant role in your blood sugar levels.

**Type of food:** Foods high in simple carbohydrates (like sugary drinks and refined grains) can cause quick spikes in blood sugar. Foods high in fiber, protein, and healthy fat help slow digestion, leading to steadier blood sugar levels.

**Quantity of food:** Consuming large amounts of carbohydrate-rich foods can overwhelm your body's ability to regulate glucose. Maintaining balance is key.

**Food combinations:** Pairing carbs with protein, fat, and/or fiber slows the absorption of glucose into your bloodstream. For example, pair nuts and fruit or eggs and whole-grain toast for a more balanced effect.

**Tip:** Plan meals with a mix of carbs, protein, and/or healthy fat to keep your blood sugar stable.



## 2 Timing

When and how often you eat affects blood sugar stability.

**Irregular eating patterns:** Skipping meals or going long periods without eating can lead to low blood sugar (hypoglycemia) and make your body more sensitive to spikes when you eat again.

**Frequent small meals:** Eating smaller, balanced meals or snacks every 3-4 hours can help maintain steady blood sugar levels.

**Nighttime eating:** Eating large meals or snacks late at night can result in elevated morning blood sugar levels.

**Tip:** Stick to a regular eating schedule and avoid long gaps between meals.



## 3 Physical Activity

Exercise is one of the most effective ways to regulate blood sugar.

**How it works:** During physical activity, your muscles use glucose for energy, which helps lower blood sugar levels.

**Consistency matters:** Regular exercise, such as walking, swimming, or strength training, can improve your body's ability to manage blood sugar over time.

**Timing of activity:** Exercising after meals can help prevent blood sugar spikes.

**Tip:** Aim for at least 30 minutes of moderate physical activity most days of the week.



## 4 Stress and Sleep

Both stress and poor sleep can negatively impact blood sugar.

**Stress:** Stress hormones like cortisol can raise blood sugar by prompting the liver to release more glucose. Chronic stress can make blood sugar harder to control.

**Sleep:** Poor-quality sleep or not getting enough sleep can disrupt hormones that regulate hunger and blood sugar, leading to higher levels and cravings for sugary foods.

**Tip:** Practice stress-reducing activities like yoga, deep breathing, or meditation. Aim for 7-9 hours of quality sleep each night.



## Takeaway

Blood sugar is influenced by many factors, but small, consistent habits can make a big difference. Focus on a balanced diet, regular meals, physical activity, and managing stress and sleep to keep your blood sugar levels in check.