



MIND ▸ BODY ▸ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience

Nutrition Basics for Blood Sugar Balance

Eat Breakfast Everyday!

Eat within 2 hours of rising and make sure your breakfast contains protein.

Things to Include:

- Eggs cooked in butter, avocado, or olive oil
- Vegetable omelettes: add tomatoes, mushrooms, spinach, peppers
- Whole fruit
- Full fat Greek yogurt
- Smoothie with kefir, coconut or almond milk and fruit and/or vegetables (e.g. spinach)
- Leftovers from dinner
- Tofu scrambled with vegetables

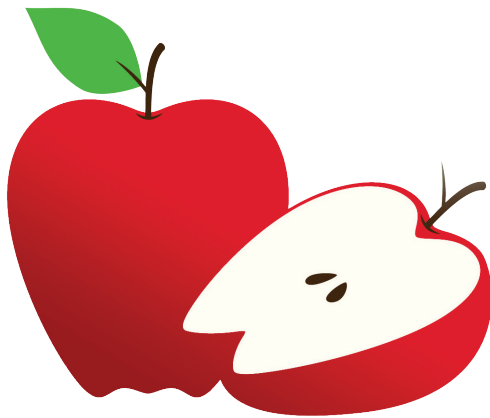
Things to Avoid

- Cold cereal
- Bagels, toast, donuts, muffins, scones, pastries
- Granola bars, Pop-Tarts
- Lattes and coffee drinks with sugar/sugar sub
- Pancakes/waffles
- Oatmeal alone
- Nonfat yogurt
- French toast
- Eating nothing



ENERGY TIP: Regular activity helps your body use the energy you eat rather than storing it in fat cells. Move more, especially after eating to help your metabolism.

Eat Regularly & Drink More Water



- Eat 3 meals every day with an evening snack.
- Avoid large meals within 3 hours of bedtime.
- Don't go too long between eating meals.
- Pay attention to what you are eating and how you feel during and after you eat it. Take time to chew your food, and eat in a relaxed atmosphere as often as you can.
- Drink more water. Don't drink beverages with sugar added. A slice of lemon, orange or a berry added to water can make it pretty and add flavor.

SNACK IDEAS

- Banana or apple with nut butter
- Full fat Greek yogurt with berries
- Hardboiled egg with a piece of fruit
- Vegetables with hummus
- One handful of nuts with a piece of fruit or vegetables
- Any meat with cheese or a vegetable
- 1 oz dark chocolate (70% cacao or more)

Visit us at Hackensack Meridian *Health* Village
27 South Cooks Bridge Road, Jackson, NJ ■ 732-263-7999
HackensackMeridianHealth.org/IntegrativeMedicine

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Nutrition Basics for Blood Sugar Balance

Balance Your Meals and Snacks

- Include a healthy protein, fat and carbohydrate with every meal and snack.
- Make at least half your plate non-starchy vegetables.
- Eat smaller portions. Try using a smaller plate. Don't eat directly from the container or bag.
- Eat real food, not processed or packaged food. The more a manufacturer has done to a food, the fewer nutrients it has.
- Food should look close to the way it is found in nature.



PROTEINS

- Eggs, chicken, turkey, lean meats
- Salmon (canned or wild caught)
- Tuna, sardines, wild caught fish
- Beans (also count as carbohydrates)
- Tofu or tempeh

TIP: Make sure your breakfast contains protein.

HEALTHY FATS

- Nuts, nut butters, peanut butter
- Flax, chia, pumpkin or other seeds
- Avocados
- Butter
- Coconut oil, olives, olive oil
- Vegetable oils (preferably organic)

TIP: Eat more healthy fats. They help you feel satisfied and add important nutrients.

CARBOHYDRATES

- All vegetables
- All fruits
- Rice, wild rice, pasta, quinoa
- Hummus, beans
- Millet, buckwheat
- Whole grain breads

TIP: Read labels for carbohydrate content, especially for added sugars. Eat less sugar and carbohydrates.

To learn more about Hackensack Meridian Integrative Health & Medicine including the events and classes we offer, please call 732-263-7999 or visit HackensackMeridianHealth.org/IntegrativeMedicine.

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