

Even small actions every day can help improve blood glucose, if you have diabetes. This is what nutritionists are recommended to concentrate on.

Start a meal with Nekranyy vegetables. Some studies show that the order of eating can affect blood sugar. For example, according to one review, products rich in fiber (non-combat vegetables, etc.), before eating, containing a lot of carbohydrates, reduces the rate of emptying of the stomach. This can soften the growth of blood sugar after eating. It was also proved that the same effect is achieved when the protein or fat is used in the first place. Therefore, after vegetables, it is better to go to the protein, and then to carbohydrates.

Chew the food thoroughly. One study demonstrated that the habit of quickly can increase blood sugar.

Spend the blood sugar level regularly. This is the key to maintaining its optimal level. It is best to check this indicator at the same time every day.



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Breathe deeper. With stress, the hormone level of cortisol can increase, and with it the level of sugar in the blood. The practice of deep breathing can help with this. Caitlin Hipley, master of pedagogical sciences, a registered nutritionist, certified nutritionist, certified specialist in cardiovascular diseases, recommends trying the technique of square respiration. That is, you need to inhale the air for four seconds, hold your breath for four seconds, exhale everything for four seconds and hold your breath again for four seconds.

Walk after ed. In scientific studies, it is noted that only a 20-minute walk after eating reduces blood glucose. For an even greater effect, go out into the fresh air.

Combine carbohydrates with proteins. This will slow down the transformation of carbohydrates into glucose, stabilizes blood sugar, and will help to remain well -fed.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.