

SUGAR SMARTS

SMOOTHER GLUCOSE, STEADIER YOU

BLOOD SUGAR affects much more than lab results; it shapes your daily experience of energy, focus, cravings, and mood. When blood sugar spikes quickly after a meal and then crashes, you may feel sleepy, irritable, shaky, or driven to snack again soon.

One practical strategy is **MEAL SEQUENCING**, or the order in which you eat foods. A recent study in women with gestational diabetes found that eating vegetables first, then protein, and carbohydrates last improved post-meal blood sugar and insulin responses compared with eating carbs first. Similar patterns have been observed in adults with type 2 diabetes. **Fiber and protein slow stomach emptying and digestion, leading to a gentler rise in blood sugar.**

YOU CAN USE THIS AT EVERYDAY MEALS:

1. Start with non-starchy vegetables or salad.
2. Eat your protein next (eggs, fish, poultry, beans, tofu).
3. Finish with bread, rice, pasta, or dessert.

Light movement after eating adds another boost. A few minutes of walking or gentle activity helps muscles absorb glucose from the blood, reducing spikes and crashes.

Sleep and stress are also key. Poor sleep and ongoing stress make your body more insulin-resistant, meaning the same meal causes a bigger response. That's why the same food can feel "fine" one day and "too much" on a stressed, under-slept day.

Sugar smarts are about working with biology—not about cutting out entire food groups.

Murugesan, R., Kumar, J., Shubhashree Thiruselvam, Kakithakara Vajravelu Leela, K. Geetha, Abhishek Satheesan, Venkata Chaithanya, & Matcha Angelin. (2024). Food order affects blood glucose and insulin levels in women with gestational diabetes. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1512231>