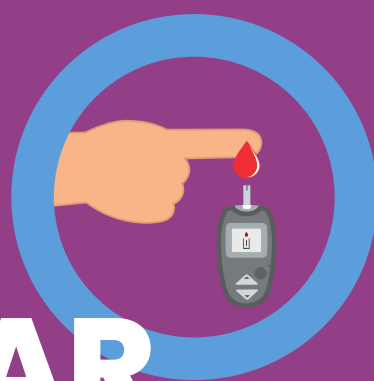


SIMPLE STEPS TO IMPROVE YOUR BLOOD SUGAR



Apple Cider Vinegar

Drink 1 tablespoon of apple cider vinegar in a glass of water within 20 minutes of your meal. ACV inhibits the enzyme that breaks carbohydrates into sugars.



1

Eat VEGETABLES first

At all meals, start by eating some veggies. The fibre in vegetables slows absorption of glucose. Eat your carbs last to prevent a sugar spike.



2

Eat PROTEIN with every meal

Protein slows digestion and reduces the speed at which sugars are absorbed. Protein promotes satiety and reduces appetite.



3

Be smart with your CARBS

Choose unrefined, high-fibre CARBS like whole grains, wild rice, potatoes and sweet potatoes (with skin). Cook your CARBS the day before. Reduce your portion of CARBS. Eat your CARBS last.



4

If you control your BLOOD SUGAR, you will control your weight, enjoy more energy & experience improved mental agility.

