



# Smart Eating for Balanced Sugar Levels

A Guide to Food Choices for Stabilizing Blood Sugar

## Grocery List for Lowering Sugar Levels

Lowering sugar levels involves choosing foods that have a low glycemic index, are high in fiber, and contain healthy fats and proteins. Here's a comprehensive grocery list to help manage and lower sugar levels effectively:

### Fruits and Vegetables

- **Berries:** Strawberries, blueberries, raspberries (low in sugar and high in antioxidants)
- **Apples:** Choose with the skin for extra fiber
- **Citrus fruits:** Oranges, grapefruits, and lemons
- **Leafy greens:** Spinach, kale, and collard greens
- **Cruciferous vegetables:** Broccoli, cauliflower, and Brussels sprouts
- **Avocados:** Rich in healthy fats
- **Tomatoes:** Fresh or canned without added sugar

### Whole Grains

- **Quinoa:** High in protein and fiber
- **Oats:** Whole rolled or steel-cut
- **Barley:** Low glycemic index
- **Brown rice:** A better alternative to white rice
- **Whole-grain bread:** Check for 100% whole grain

### Proteins

- **Lean meats:** Chicken, turkey, and lean cuts of beef or pork
- **Fish:** Salmon, mackerel, and sardines (rich in omega-3 fatty acids)
- **Legumes:** Lentils, chickpeas, and black beans
- **Eggs:** A versatile protein source
- **Nuts and seeds:** Almonds, walnuts, chia seeds, and flaxseeds

## Dairy and Alternatives

- **Low-fat yogurt:** Preferably unsweetened or Greek yogurt
- **Milk:** Unsweetened almond, soy, or low-fat cow's milk
- **Cheese:** Opt for low-fat varieties

## Healthy Fats

- **Olive oil:** For cooking or salad dressings
- **Coconut oil:** Use sparingly
- **Nut butters:** Almond or peanut butter without added sugar

## Beverages

- **Herbal teas:** Naturally caffeine-free options
- **Green tea:** Contains antioxidants
- **Water:** Always a healthy choice

## Spices and Condiments

- **Cinnamon:** May help lower blood sugar levels
- **Turmeric:** Anti-inflammatory properties
- **Vinegars:** Apple cider or balsamic (check for added sugars)
- **Mustard:** No added sugar varieties

## Snacks

- **Popcorn:** Air-popped without added butter or sugar
- **Rice cakes:** Whole grain and unsweetened
- **Dark chocolate:** At least 70% cocoa, in moderation

This list provides a variety of options to help maintain a balanced diet while managing sugar levels. Remember to read labels carefully to avoid hidden sugars and consult with a healthcare professional for personalized dietary advice.