

# Simple Guide to: BLOOD SUGAR BALANCING

*With Vicky Hurwitz Cancer Nurse and Health Coach*



If you are unwell or in recovery following a cancer diagnosis you may be looking for ways to improve your health, strengthen your immune system and keep going through tough times. Looking at what you are eating and how you are eating can be a good starting place for change. It is something that is within your control. It isn't expensive, it won't interfere with any treatments you are having and is delicious. So if like me you are a foodie you'll still look forward to meal times.

This is an introduction to eating in a blood sugar balanced way. The aim is to give you increased energy, improve your sleep and make you feel great.

Are you wondering if this well-kept secret is too good to be true?

If you would like to know more please book a complimentary session so that I can do a health and energy assessment with you and give you some quick wins to get started.

# IMPROVED ENERGY AND WEIGHT MANAGEMENT

## *Simple guide to Blood Sugar Balancing:*

### MENU PLANNING

#### GOOD BREAKFAST CHOICES

##### CEREAL

Choose jumbo porridge oats (not the instant kind), low-carb granola, or low-carb muesli without dried fruit. You could also try quinoa flakes or buckwheat flakes - both are gluten-free and slow-releasing.

##### TOAST

There is always a more nourishing and sustaining breakfast option than toast, but if you want to use it as a base for scrambled eggs for example, choose wholegrain/whole wheat, rye, or gluten-free and limit to one slice. Ideally add some vegetables for nutrients and to fill you up.

##### YOGHURT

Flavoured fruit yoghurts are mostly high in sugar, so choose plain yoghurt, organic if you can. Add berries with nuts or seeds for added nourishment.

##### FRUIT

Fruit on its own will have a greater impact on your blood sugar, so choose your fruit carefully and have some form of protein with them (e.g. yoghurt, nuts, seeds). Avoid dried fruit as sugar is concentrated.

##### ON THE RUN

If you have to 'grab and go' the simplest choice would be an apple or pear with a handful of nuts/seeds. If you have time to whiz up a smoothie to take with you, use a cupful of almond, coconut or oat milk, add a tablespoon of either ground flax seeds, chia seeds or almonds, a generous handful of berries, half an avocado or handful of spinach leaves and a third of a banana – whiz up until smooth and take with you.

##### COOKED

Choose from eggs (poached, boiled, omelette), tomatoes, mushrooms, peppers, onions, grilled halloumi.

## GOOD LUNCH / DINNER CHOICES

### SALADS

Any combination of salad vegetables with a source of protein works well, no need to limit the vegetables. If you have cooked quinoa, lentils, chickpeas or beans in the fridge from the night before, a generous tablespoon sprinkled on top will help with satiety. Use a simple dressing using apple cider vinegar or fresh lemon juice and olive oil and avoid the shop bought dressings as they contain unnecessary sugars.

### CARBS

Choose courgetti (spiralised courgettes), cauliflower rice (grated or pulsed cauliflower florets), new potatoes, brown / wild rice. If you have a jacket potato, it needs to be half a small one (other carbs are a better option as you can eat more of them). Increase the amount of non-starchy veg (e.g. broccoli, green beans, spinach, salad, etc.) you have with your meals. These should fill up half your plate.

## GOOD LUNCH / DINNER CHOICES

### READY MEALS

The majority of ready meals have been heavily processed. However, improvements made recently mean there are some good options in the chilled sections of supermarkets. Choose non-creamy dishes, meat, fish or pulses (choose those without pasta, potatoes, or white rice) and serve with salad / low carb vegetables. Generally, if a vegetable grows above the ground, it doesn't impact your blood sugars as much, so you can eat it more freely. Avoid: pizza, burgers, battered, bread-crumbed, pies, lasagnes and pastries.

### SAUCES & ADDING FLAVOUR

Beware of table sauces: pickles, chutneys, ketchup and salad dressings, as they are often full of sugar. Make your own salad dressing with oil, vinegar, mustard, garlic and lemon juice. Use herbs to add extra flavour. Marinate meat and fish e.g. in lemon and garlic, Teriyaki, tomato salsa, tapenade, pesto. If you can't make your own pasta sauce, choose options with little added sugar.

### SOUPS

Make your own (very easy and can be frozen) or choose bean, chicken, tomato varieties. Avoid ones with noodles, carrots, sweetcorn or cream. Avoid bread with them, switch to oatcakes instead to lower the impact on your blood sugars (or better still, have a larger portion of soup).

## GOOD SNACK CHOICES

These will help you avoid cravings. Choose mixtures of: well-selected fruit, why well-selected? You want to make sure that yours is not so high in natural sugar you can only have a small amount of it without upsetting your blood sugar. Berries of any kind are an excellent choice. Have them with any variety of nuts or seeds, your choice of yoghurt, rough oatcakes with toppings like hummus, smoked salmon, mackerel pate, organic cream cheese or any nut butter.

## GOOD PUDDING CHOICES

Avoid sorbet, which is very high in sugar. Ice cream is preferable as it also contains protein. There are some great recipes for cakes and desserts that don't spike blood sugars, available online. Ensure you have good protein content (often using almond flour or quinoa flour) and low sugar. Beware of recipes with large proportions of dried fruit. A decadent treat could be as simple as dipping berries, clementine or satsuma segments into melted dark chocolate (at least 70%).

## GOOD DRINK CHOICES

Water is by far the best for health and weight loss (and very few of us drink enough). Reduce tea, coffee and alcohol. Choose decaf varieties and avoid sugary drinks.