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Evidence-Based Nutrition for
Chronic Disease Prevention

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Evidence-Based Strategies to Avoid Blood Sugar Spikes

(Without Reducing Carbohydrate Intake)

1

Minimize Foods With a High Glycemic Index.

Give preference to foods with a glycemic index of less than 60. When eating foods with a glycemic index greater than 60, consider one or several of the strategies below.

2

Eat Starchy Foods After Retrogradation.

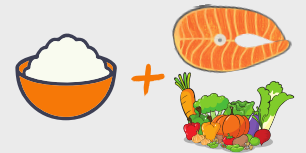
Eat high-carbohydrate foods after one cooking-cooling cycle, when some of the starch has been converted to resistant starch, a non-digestible fiber.



3

Don't Eat "Naked" Carbohydrates.

Serve a source of protein, some fat, and/or non-starchy vegetables alongside - or prior to - any high-carbohydrate foods.



4

Add Vinegar to High-Carbohydrate Meals.

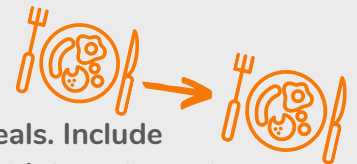
Include a salad with vinaigrette or pickled vegetables as a side dish or appetizer in a meal containing a high-carbohydrate food.



5

Use the Second Meal Effect.

Do not switch back and forth between high-carb and low-carb meals. Include carbs, protein, and fiber (vegetables, legumes) in meals preceding high-carb meals.



6

Go on A Walk After Meals.

Go on a walk, or engage in any other physical activity within 30 minutes of completing a meal rich in carbohydrates.



Disclaimer:

This poster summarizes the scientific evidence, which demonstrates that implementing any of these strategies lowers the acute blood glucose response to a meal. The poster does not constitute medical or dietary advice. It is strongly recommended to consult with a qualified healthcare professional in your country, such as a physician, nutritionist, or dietitian, before making major dietary changes.

For further information and all references: www.nourishedbyscience.com/avoidingspikes