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Blood Sugar Control

Eat three meals and one to three snacks daily. Choose a variety of foods to help ensure the balance of nutrients for optimal health. Eating regularly and never skipping meals helps prevent low or high blood sugar. Each meal should contain sources of healthy fats, protein, and fiber along with carbohydrates. Fats, protein, and fiber are digested slowly and help stabilize blood sugar.

Smart Snacks:

- ✓ Humus with raw chopped vegetables or whole grain pita bread.
- ✓ Low-fat organic cottage cheese with sliced pear, plum, cherries, or ¼ cup fresh berries.
- ✓ Whole-grain toast with nut butter (cashew and almond butter are delicious alternatives to peanut butter).
- ✓ Olive tapenade spread on toasted pita bread, no salt corn tortilla chips, whole grain crackers, or rye crisp.
- ✓ Apple or pear slices with organic cheese slice or nut butter.
- ✓ Mochi with 1 Tbsp. Nut, seed or apple butter smothered inside.
- ✓ Low-fat organic yogurt with nutty (almonds, cashews, etc.) granola or ¼ cup fresh berries.
- ✓ Tofu chive spread or roasted garlic tofu spread (both found at the PCC deli) with crackers, whole grain bread, or pita.
- ✓ Nuts or seeds (roasting them with tamari is delicious) and a piece of fruit.
- ✓ Sardines or smoked salmon on a cracker.

Small Meals:

- ✓ Bowl of steaming brown rice topped with lemon tahini sauce or spicy peanut sauce, cubed tofu and sautéed vegetables such as carrots snap peas, mung bean sprouts, onions, garlic and red pepper.
- ✓ Cup/bowl of bean soup: e.g., split pea, black bean, chili, lentil, or navy bean, with a side of vegetables and whole grain toast.
- ✓ Omelet stuffed with vegetables and a slice of whole-grain toast.
- ✓ Tofu or tempeh burger on a whole-grain bun with lettuce, tomato, sprouts; a side of baked sweet potato fries and green salad.
- ✓ Baked potato topped with chili, plain yogurt, salsa and broccoli.
- ✓ Whole-grain cereal (hot or dry) topped with nuts and/or seeds, milk and fresh berries.
- ✓ Brown rice and black bean burrito with avocado, salsa and spinach.
- ✓ Miso soup with cubes of tofu and chopped vegetables such as: bok choy, kale, carrots, watercress, collards, seaweed, and diced potatoes.
- ✓ French toast or waffles (whole grain) with tahini (sesame seed butter) or nut butter and fresh fruit.
- ✓ Fresh garden salad with plenty of vegetables, roasted pumpkin seeds and tahini or olive oil based dressing. Add some seasoned tofu cubes for more protein. Include a small whole grain roll or crackers to round out this meal.
- ✓ Stir-fry various chopped vegetables such as kale, chard, mushrooms, peas, bell peppers, zucchini and squash with either tofu, chicken, shrimp, scallops, or beef and served over steaming brown rice, quinoa, barley or wheat berries.

Source: Bastyr University Students

Swedish Heart Institute, Swedish Medical Center 2002