

Secret Strategy - Preventing Blood Glucose Spikes

Waking with high blood glucose levels is awful

Waking up with a high blood glucose level is awful, it seems to set the scene for the whole day. Many of us with diabetes struggle with insulin resistance in the morning and this can make eating breakfast and dosing with the right amount of insulin a real challenge. There is a secret & simple strategy that you can use



Eat Your Lentils, Beans & Peas



- Eating lentils/beans/legumes helps to moderate blood glucose levels at:
 - The meal they are consumed, due to lower glycemic index (& high fibre) and
 - The next meal after you have eaten them due to the effects of a chemical called propionate that gets formed in your gut hours after they you eat them.

Do baked beans give you the second meal effect?

Baked beans don't seem to have quite the same effect, for me at least, and I think this is because the sauce they are in is high in sugar, but in the spirit of your diabetes may vary, give it a try they might work for you. In general (even tinned) lentils and beans that are prepared at home by you may be better.



When Will You See the Effect ?

TIME LENTILS/BEANS EATEN

Breakfast

Lunch

Dinner

POST MEAL BLOOD GLUCOSE MODERATION TYPICALLY SEEN AT

Breakfast, Lunch & Dinner

Lunch & Dinner

Dinner & Breakfast



Transform Your Diabetes

