



Kessinger Diagnostic Centre

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Build Your Blood Sugar Muscle

1. Eat protein breakfast/never eat a carbohydrate loaded breakfast.

Examples below:

- A. Eggs
- B. Turkey Sausage
- C. Coconut Yogurt
- D. Veggie Protein Mix

2. Avoid foods that cause a spike in blood sugar:

Junk food, some fruits, grains - even organic whole grain are hard on blood sugar

3. Never eat a carbohydrate without a protein:

If you have an apple also have a handful of pecans.

4. Eat 3 meals a day with a protein snack in between.

5. Eat a light protein snack just before bed

6. Identify food sensitivities.

7. Identify any other reasons for blood sugar dys-regulation through laboratory testing.

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