

Maintaining Healthy Blood Sugar Levels



Stay more awake and alert after dinner by following these tips ...

- **Fruits & Veggies.** Keep in mind that fruits and veggies are a great option for managing your blood sugar levels—they don't cause a crash in energy!
- **Desserts.** To keep your blood sugar stable, try desserts that include whole-wheat flour, hearty oats, fat-free whipped toppings, fresh fruits for topping, fat-free vanilla yogurt, and substitute sweeteners.
- **Fiber.** Fiber is important! Add granola as a topping to desserts, use whole-wheat flour instead of white (enriched) flour, add dried or fresh fruit as a dessert or topping, and use whole-wheat pastas and breads.
- **Portions.** Get a grip on your portion sizes! Portion control is crucial when controlling diabetes and your weight.
- **Sugar Substitutes.** Replace regular sugar in recipes with Splenda or another sweetener.