



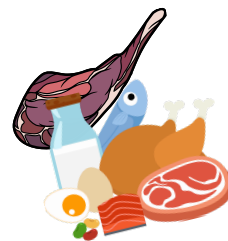
3 Quick Tips to Improve Your Blood Sugars With Food



1 Pair with Pro



Pair your carbohydrate (bread, rice, bannock, pasta, crackers, etc) with a protein (cheese, peanut butter, eggs, meats, nuts) to create a snack or meal that keeps you full for longer and helps keep blood sugars more stable



2 Drop the Pop



One of the fastest ways sugar can sneak in our bodies is through sugary drinks. Switch for water or try a drink additive like Crystal Light or Mio for a new flavour with no sugar!



3 Up the Fibre

Try switching to whole wheat flour or pasta! Or try to add in an extra serving of veggies during the day (canned & frozen) are great options! This fibre will be so good for keeping blood sugars in range, helping you stay full for longer, and keeping you regular!

