

Consistency is key.

Let go of the “all or nothing” mindset.

Restricting a food for a while and then eating a large amount in one sitting can do more harm to your blood sugar than if you had a small amount more often.

How can you build a plate that helps prevent spikes in blood sugar?



Use the Plate Method



Have a plan.

- Bring your own dish to a social gathering with friends or family.
- Look at the restaurant menu before you leave.
- Try to pair a high carb food with a protein.