



Blood Sugar and Insulin Balance – Meal and Snack Tips

Balancing **protein, carbohydrates, fiber, and healthy fats** helps prevent blood sugar spikes and supports hormone balance. This is especially important for patients with **insulin resistance**, where the body may produce more insulin than normal.

Stable blood sugar and insulin levels can help improve:

- Energy levels
- Cravings
- Weight management
- Hormone balance
- Inflammation

Build a Balanced Meal

Use this simple plate method when planning meals:

- **½ Plate:** Fiber-rich vegetables
- **¼ Plate:** Protein
- **¼ Plate:** Complex carbohydrates
- **+ Add:** Healthy fats

Example Meals

- Eggs, avocado, sourdough toast, sautéed vegetables
- Grilled chicken, quinoa, roasted vegetables
- Salmon, sweet potato, broccoli
- Turkey taco bowl with beans, lettuce, salsa, avocado

General Protein Goal: 25–35 g per meal

Smart Snack Formula

Balanced snacks can help maintain stable energy between meals.

Aim for:

- 10–15 g protein
- 5–15 g carbohydrates

Snack Ideas

- Greek yogurt + berries
- Apple + almond butter
- Cottage cheese + cherry tomatoes
- Hard-boiled eggs + small fruit
- Protein shake + half banana
- String cheese + whole grain crackers
- Turkey roll-ups + cucumber slices
- Hummus + carrots or peppers
- Chia pudding + berries
- Protein bar (low sugar)

Helpful Blood Sugar Tips

- ✓ Pair carbohydrates with protein or healthy fat
- ✓ Avoid eating carbohydrates alone
- ✓ Eat regularly throughout the day (3 meals + 1–2 snacks)
- ✓ Choose whole, minimally processed foods
- ✓ Aim for **25–35 g fiber daily**

Lifestyle Habits That Improve Insulin Sensitivity

- **Protein first, carbs second.** This helps reduce blood sugar spikes and keeps you feeling full longer
- Strength training and building muscle - muscle is more responsive to insulin and can store more glucose
- Daily movement and walking or other activity after meals - **especially your last meal of the day**
- Prioritizing sleep - consistent sleep routines and 8+ hours of sleep per night
- Stress management - high stress levels can raise your blood sugar and increase insulin resistance

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IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG