

— BY GLENDA THOMPSON —

# **BLOOD SUGAR BALANCING — CHECKLIST —**

*Discover Simple, Manageable Lifestyle  
Changes That Will Help Balance Your  
Blood Sugar, Lose Weight, and  
Transform Your Health*





We hear all the time how important healthy blood sugar is for our health and to reduce our risk of disease. But how are you supposed to “balance your blood sugar”, exactly? With confusing advice coming at you from all angles, it’s tough to know where to start.

So inside this eBook, you’ll discover a step-by-step checklist on simple lifestyle changes that will help you stabilize your blood sugar, safely and naturally. Think of it as like a roadmap for getting your health back on track. It includes advice on healthy snacks that will even out your blood sugar highs and lows, and how to

harness natural flavors and sweeteners to curb cravings the healthy way.

The best part about this checklist is that you don't need to radically overhaul your diet and lifestyle. Instead, it’s about making small changes that stick, and will pave the way towards improved blood sugar balance, day after day.

Trust me, when you implement even a few of the tips in this guide, you’ll soon be amazed how much more energy, mental clarity and zest for life you enjoy!

Glenda Thompson  
Natural Health Researcher

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# 1

## **Why Balancing your Blood Sugar is Vital for a Happier, Healthier Life**

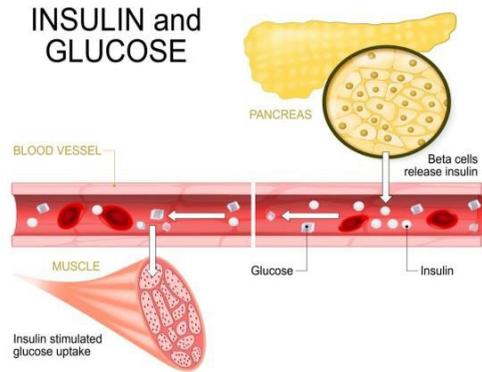
Your blood sugar balance is like a barometer for your all-round health. But what does "balancing your blood sugar" mean, and why does it matter so much?

Here's a simple explanation for you...

Blood sugar, also called blood glucose, is affected by the carbs you eat. Your digestive system breaks down carbs into basic sugars that enter your bloodstream.

When blood sugar rises, beta cells in the pancreas release a hormone called insulin.

Insulin then acts like a key to “unlock” cells throughout your body, allowing sugar to leave the blood and provide cells with energy.



Ideally, your blood sugar should stay balanced to keep your energy, mood, and appetite on an even keel.

But when you overload your body with quick-digesting carbs and sugars, your beta cells struggle to release enough insulin to cope. Your blood sugar then spikes, eventually leading to insulin resistance and type 2 diabetes.

So should you avoid carbs entirely?

While eating fewer carbs is beneficial, avoiding carbs entirely can drive blood sugar levels too low, causing fatigue, cravings, and dizziness.

The good news?

In this guide, you’ll discover easy lifestyle changes that will help keep your blood sugar at an even keel.

Once you start implementing a few of the tips in this guide daily, you can start to improve your health, and develop healthier habits that last a lifetime.



## 2

### Get to Grips with the Glycemic Index

When it comes to managing blood sugar, carb quality matters just as much (if not more) than quantity. This is where the glycemic index comes in!

The glycemic index (GI) ranks carb-containing foods on a scale of 0 to 100 based on how rapidly they raise your blood sugar levels after eating.

Foods scoring 55 or less are low glycemic. These carbs break down more gradually, causing a gentle rise in blood sugar.

High glycemic foods (70 or above) quickly flood the bloodstream with glucose.

This is why eating more low glycemic carbs is the key to steadier energy and appetite, reduced insulin spikes, and long-term blood sugar balance.

Here are some of the best low glycemic foods you should try to eat more of daily, instead of carb heavy processed foods and snacks:

- Animal proteins (meat, poultry, fish, eggs)
- Nuts and seeds
- Oils and fats (olive oil, coconut oil, avocado)
- Non-starchy veggies (leafy greens, broccoli, peppers)
- Beans and lentils
- Many fruits (berries, stone fruits, citrus)
- Whole intact grains (steel cut oatmeal, brown rice)

**Myth  
vs. Fact**

Brown rice is low glycemic. FALSE! All rice (white and brown) score high on the glycemic index. Intact whole grains, like steel cut oatmeal and quinoa, work better for healthy blood sugar balance.

Now, just choosing foods based on where they are in the glycemic index does have some limitations.

Some factors like food ripeness, cooking method, starch structure, and fiber content also influence how quickly carbs convert to blood glucose. So don't get overwhelmed trying to calculate GI values for everything you eat!

Here's what to focus on instead:

- Add more high protein, high fiber, low glycemic foods into your daily diet.
- Limit high glycemic refined carbs like chips, white bread, sugary drinks, and instant rice.
- Keep an eye on portion sizes, even when eating low glycemic foods.

Taking a balanced approach to what you eat is what will help you maintain steady blood sugar between meals.



### 3

## **Cut Out Refined Sugars to Escape the Blood Sugar Roller Coaster**

Refined sugar may be one of the biggest health wreckers of the modern world.

Refined sugars include table sugar, high-fructose corn syrup, brown sugar, and corn syrup. These sugars are typically added to processed foods and drinks to enhance their flavor, texture, or shelf life.

But while they may come from natural sources – like sugar cane, sugar beets, or corn – refined sugars have ZERO nutritional value.

Worse than that, refined sugars truly wreak havoc to your blood sugar balance and health.

Here's why:

Refined sugars flood your blood even faster than carbs from rice, bread, or pasta, causing your blood sugar and insulin to skyrocket.

These huge blood sugar spikes also trigger inflammation and oxidative stress, which over time can lead to insulin resistance, weight gain, and other chronic health issues.

Refined sugars are highly addictive too. So it's vital to start weaning yourself off processed foods packed with refined sugar.

### Myth vs. Fact

Brown sugar and honey are less harmful alternatives. False! Brown sugar contains nearly the same amount of calories and carbohydrates as white sugar. And while honey packs some antioxidants, it scores nearly as high as pure sugar on the glycemic index.

Here are some ways to crush sugar cravings so you can transition to eating healthier habits:

- Snack on berries, cherries, peaches or plums to satisfy your taste buds with the sweet taste of natural sugars.
- Add cinnamon, vanilla, almond, or maple extracts to your desserts instead of sugar to add sweetness without spiking blood sugar.
- Eat more bananas, avocado, or nuts. These foods all help blunt blood sugar spikes.
- Stay hydrated with unsweetened tea, sparkling water, or water with lemon or lime, rather than sugar loaded soda.

While you can still allow yourself the occasional donut or slice of cake, limiting refined sugar as much as possible is essential for losing weight, balancing your blood sugar, and improving your health.

The good news is that cravings for sweet foods do diminish over time as your taste buds adapt to healthier, unprocessed foods.



## 4

### The Power of Protein and Healthy Fat

When hunger strikes, do you reach for a carb heavy snack, like chips or a chocolate bar? Well, as you may have experienced, this often means a trip the blood sugar rollercoaster.

Want to know what you should eat instead? A snack that's packed with protein and healthy fats!

Here's why eating more protein and healthy fat is the dream ticket for healthier blood sugar balance:

- Protein slows digestion, keeping carbs from hitting your bloodstream too fast. This helps prevent energy-busting blood sugar spikes and crashes.
- Healthy fats also blunt glycemic response by slowing your digestion. Plus eating healthy fat activates your satiety hormones to keep you feeling fuller longer between meals.
- Eating more protein and fat means naturally reducing overall carb intake from less healthy refined sources.

## Myth vs. Fact

Saturated fat from meat and dairy raises cholesterol and heart disease risk. False! Research shows that unprocessed saturated fat is NOT harmful to heart health. In fact, saturated fat supports healthy cholesterol, and a lower risk of a heart attack.

Not sure what to eat to get more protein and healthy fat into your diet?

Try these tasty “pick-me-ups” that will keep you feeling full, energized, and less prone to eating carb heavy snacks:

- **Greek yogurt with berries** - Greek yogurt is a great source of protein, calcium, and probiotics. It can also help lower blood pressure and promote weight loss.
- **Hard-boiled eggs** – Eggs are one of the most complete sources of protein, as they contain all nine essential amino acids. They can also help you feel full and boost your metabolism.
- **Hummus and carrots** – Hummus is a dip made from chickpeas, olive oil, garlic, lemon juice, and tahini. It is high in protein, fiber, and healthy fats. Carrots are loaded with beta-carotene, which is good for your eyes and skin.
- **Tuna and whole wheat crackers** -Tuna is a lean and inexpensive source of protein, omega-3 fatty acids, and vitamin B12. It can help lower cholesterol, inflammation, and blood pressure.

Swapping chips and candy for these healthier snacks will help you feel satisfied, and able to motor through the day without constantly craving sugary snack foods.

Even better, they’ll help keep your blood sugar balanced, and will even help you lose weight!



## 5

### **Breakfast: Don't Leave Home Without It!**

Do you often skip breakfast? Lots of people do. When you're busy, getting ready for work, and dealing with last minute emergencies, eating a full breakfast often falls by the wayside.

The problem is that when you skip breakfast, your blood sugar takes a nosedive. You're then left feeling fatigued, mentally foggy, and ravenous come mid-morning.

Here's why skipping breakfast sabotages blood sugar balance:

- Overnight, your blood sugar naturally drops as your body fasts while sleeping. Skipping breakfast prolongs this fast, allowing blood sugar to keep dropping even more.
- Low blood sugar triggers intense hunger hormones. These hormones then nag you into overeating on snacks packed with carbs and refined sugars.
- Eating more calories later to compensate for a skipped breakfast leads to weight gain over time.

**Myth  
vs. Fact**

Your body needs breakfast to rev up your metabolism after fasting overnight. This is false! Eating breakfast itself doesn't directly accelerate calorie burn. But it does help regulate appetite and food choices for better weight management.

The good news? You don't need to eat a huge breakfast feast to stabilize your blood sugar in the morning.

What matters more is that your breakfast includes fiber, protein and healthy fats, such as breakfasts like these:

- Greek yogurt with nuts, seeds, and fruit
- Scrambled eggs and veggies
- Oatmeal topped with nut butter and berries
- Avocado on whole grain bread
- Veggie smoothie with protein powder
- Leftover salmon and roasted Brussels sprouts

Choose one of these as your new daily breakfast, which you'll enjoy and stick with.

You'll notice the difference with steady energy, improved focus, and reduced cravings all morning long.



## 6

### **Tap into Bitter Tastes to Crave Sweet Things Less**

This may surprise you, but eating bitter foods can work wonders at balancing your blood sugar. It's all to do with the ancient healing system of Ayurveda. Beyond just sweet, salty, and bitter, Ayurveda identifies pungent and astringent as flavors that restore balance to your body.

Well, it turns out this isn't just mumbo jumbo. Because eating pungent, bitter, and astringent tasting foods is proven to help keep blood sugar in check:

- Pungent foods, such as garlic, ginger, and mustard, can help your digestion and metabolism. They can make your body use glucose better and lower your blood sugar levels
- Bitter foods, such as kale, broccoli, and turmeric, can help your liver and blood. They can clean out toxins and inflammation that can harm your blood sugar balance.
- Astringent foods, such as apple, pear, and beans, can help your blood and cells. They can make your blood vessels stronger and your cells more sensitive to insulin, which is the hormone that controls your blood sugar.

These are some of the benefits of eating pungent, bitter, and astringent tasting foods. So try to include them in your diet and see how energized, mentally sharp, and healthy they help you feel.



## 7

### Satisfy Your Sweet Tooth Naturally

Did you know certain fruits and veggies can satisfy your sweet tooth without sending your blood sugar sky-high?

This is because the natural sugars in fruits and vegetables come bundled with fiber. And fiber helps to slow down digestion, which in turn also provides a steady, sustained energy boost.

So next time you crave something sweet, try these sweet tasting natural foods instead:

- **Beets** - Try roasting beets to bring out their natural sweetness. The pigment betalain gives beets their dark red color and helps reduce inflammation.
- **Carrots** - Crunchy carrots make a perfect dipper for nut butters and hummus. The brighter the orange, the more beta-carotene they contain, which is great for your eyes.
- **Stone fruits** - Plums, peaches, nectarines, apricots and cherries contain beta-carotene, vitamin C, fiber and pectin to stabilize blood sugar response.

Next time you crave something sweet, consider eating a bowlful of these fruits and veggies instead.

They'll help satisfy your sweet cravings while providing a healthy dose of nutrition to keep you nourished and satisfied!

A photograph of two glasses of lemon water with cucumber and mint on a white surface. The glasses are filled with water, ice, lemon slices, cucumber slices, and fresh mint leaves. A yellow and white striped straw is in the left glass. The background is a white surface with more lemon slices and cucumber slices scattered around.

## 8

### **Ditch The Sweetened Drinks**

When it comes to balancing your blood sugar, what you drink matters just as much as what you eat.

Sweetened drinks like soda, sports drinks, and energy drinks are among the worst offenders for disrupting blood sugar balance.

Here's why sugary drinks send your blood sugar levels soaring:

- They're essentially just liquid sugar with very high glycemic loads. Flooding your bloodstream with these drinks spikes your blood sugar and insulin.
- Research shows that sweetened drinks aren't as filling as healthier options, which is why you tend to drink a lot more of them to quench your thirst.
- Drinking soda every day is one of the main causes of sugar addiction, obesity, and type 2 diabetes.

Here are some delicious, nutritious alternatives for staying hydrated while keeping your blood sugar levels steady:

- **Water** – Jazz it up with citrus slices, cucumber, berries or herbs.
- **Tea** – Sip on white, green, oolong or herbal teas hot or iced.
- **Coffee** – Enjoy black coffee or coffee alternatives like chicory root. Add cinnamon for an extra blood sugar balancing boost.
- **Nut milk** – Choose unsweetened varieties of almond, coconut or oat milk for creaminess without added sugars.
- **Vegetable juices** – Opt for low-sodium tomato, carrot, beet or green juices with no more than 2–5 grams sugar per serving.

The next time you crave a cold can of soda, stop and ask yourself if you're *really* thirsty? Or if it's just your sugar cravings whispering into your ear.

Then reach for a refreshing glass of sparkling water or iced tea instead.

As once you break your sweetened drink habit, your tastebuds will adjust to enjoying more subtle flavors. And your blood sugar will start to balance too.

**Myth  
vs. Fact**

Fruit juice and vitamin waters won't spike your blood sugar like soda dose. False! These drinks often contain just as much sugar as soda but without the filling fiber of whole fruits. Opt for whole fruits instead.



## 9

### **Avoid “Diet” Soda As It Actually Makes You Fat**

Artificial sweeteners used in “diet” soda, like aspartame, sucralose and saccharin, are promoted as being better for your health and weight. But mounting research shows these lab-created sugar alternatives might actually be worse for your blood sugar balance and healthy waistline.

Here’s what you need to know:

- Artificial sweeteners confuse your tongue’s taste receptors and trick your brain into anticipating incoming calories. When those calories don’t arrive, it leads to increased appetite and glucose intolerance.
- Artificial sweeteners alter the gut bacteria linked to efficient metabolism and blood sugar regulation. Artificial sweeteners also feed harmful bacteria while starving out beneficial microbes.
- Studies show that consumption of artificial sweeteners is linked with weight gain, obesity, diabetes risk, and inflammatory disorders like stroke and dementia.

The good news is less processed sugar alternatives, like stevia and monk fruit, cause far fewer issues. But kicking your cravings for sweet tasting drinks altogether holds the key to balancing your blood sugar and losing weight.

Here are some simple, delicious ways to start weaning yourself off diet sodas containing artificial sweeteners:

- Gradually reduce added sweeteners in your coffee, cereal, yogurt and baked goods. Your taste buds will adapt to less sweetness surprisingly fast.
- Discover other flavors beyond sweetness by exploring herbs, spices, vinegars, citrus, peppers, onions, garlic and ginger.
- Stay hydrated with unsweetened sparkling water or antioxidant- rich teas to curb sweet cravings.

Resetting your tastebuds to enjoy more subtle, nuanced flavors without depending on sweetness takes patience.

But the payoff for your waistline, blood sugar balance, and all round health is more than worth it!

**Myth  
vs. Fact**

Artificial sweeteners may have been approved by regulatory bodies as safe. But approval doesn't guarantee lack of harm from long-term consumption. New research has revealed that drinking sodas containing artificial sweeteners increases your risk of obesity, inflammation, and high blood pressure.



## 10

### Get Moving to Burn Up Blood Sugar

Exercise is a true magic bullet when it comes to balancing blood sugar.

Even if the only exercise you get right now is walking to your car, you can experience a dramatic improvement in your energy, waistline, and blood sugar when you start adding more movement into your day.

Here's why getting more movement into your day is so beneficial:

- It improves insulin sensitivity, so your body can efficiently move sugar from blood into cells to be burned up to create energy.
- It builds more muscle mass which naturally burns more glucose around the clock.
- It reduces inflammation and oxidative stress for better cellular insulin response.
- It triggers the release of endorphins, the “feel good” chemicals that bust stress to help regulate appetite and cravings.

Now, the biggest challenge is of course getting off the sofa and to get moving.

The key to success is to make exercise easy and manageable. Then you should find you naturally build up the intensity on your own.

Here are some easy ways to add exercise into your day:

- **Walk and talk** - Instead of sitting down for phone calls, meetings, or catch-ups with friends, try walking while you talk. Walking and talking can help you burn calories, improve your mood, and boost your creativity
- **Play active video games** - There are many video games that simulate dancing, skateboarding, soccer, bowling, or tennis. You can play them solo or with others, and they can help you improve your coordination, balance, and time off the sofa.
- **Stretch throughout the day** - Stretching is a simple and effective way to improve your movement and flexibility, while burning calories. You can stretch in the morning, during breaks, or before bed. Stretching can also help you relax, and improve your posture.
- **Ditch the car** - If you're driving somewhere that's only 5 minutes away, try walking instead. This can help you save money, and get more movement into your day. You can also park farther away from the entrance, take the stairs instead of the elevator, or get off the bus a stop earlier and walk the rest of the way.

Whatever type of exercise you do, choose activities you genuinely enjoy and mix it up to fend off boredom.

Set reminders to ensure you're consistently getting more movement into your day. And recruit a "movement" buddy for extra motivation!



11

## **Drink this Blood Sugar Balancing Smoothie Each Day**

Here's a recipe for a blood sugar balancing smoothie that contains ingredients that can help regulate your blood glucose levels and prevent spikes or crashes.

This smoothie contains protein from yogurt and protein powder, fiber from the blueberries and chia seeds, healthy fats from the avocado and chia seeds, and antioxidants from the blueberries and cinnamon. So it's rich in all the nutrients recommended in this guide.

- 1/2 cup of unsweetened almond milk
- 1/4 cup of plain Greek yogurt or vegan yogurt
- 1/4 cup of frozen blueberries
- 1/4 of an avocado
- 1 tablespoon of chia seeds
- 1 teaspoon of cinnamon
- 1 scoop of vanilla protein powder (optional)

Simply add all the ingredients to a blender and blend until smooth and creamy. You can adjust the amount of almond milk to your preferred consistency.

Then enjoy your blood sugar balancing smoothie as a breakfast or a snack to feel full, satisfied, and energized, while also supporting your blood sugar balance.



## 12

### **Still Don't Know Where to Start? Then Try The "4-Step LEAP Method"**

Hopefully, this brief guide has given you some ideas on how making small lifestyle changes can help you to balance your blood sugar, lose weight, and transform your health.

But do you know what accounts for 80% of your success?

Your diet! It's true!

The only way to stabilize your blood sugar long-term is to replace ultra processed foods, fast foods, and

artificial " Frankenfoods" with whole natural foods.

In particular, the key is to eat less carbs and more protein and healthy fat.

But I know transitioning from eating carb heavy, sugar loaded processed foods to whole foods rich in protein and healthy fat is easier said than done

It's for this reason I developed the "4-Step LEAP Method".

The "4-Step LEAP Method" provides an easy, manageable and sustainable way to make diet and lifestyle changes that last a lifetime.

It's already helped thousands of people to transform their blood sugar, to lose significant amounts of weight and to transform their health.

And it can be life transforming for you too:

[Find out more about the "4-Step LEAP Method"](#)

I hope you found this guide helpful. If you have any questions or need advice, feel free to reply to any of my emails.

I'm here to support you on your journey to healthy, balanced blood sugar every step of the way.

*Glenda*

