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## **Diabetes Tips to Improve Blood Sugar Control**

### ***Keep Eating Habits Consistent***

Skipping meals, especially breakfast, could push your blood glucose higher. When you don't eat for several hours because of sleep or other reasons, your body fuels itself on glucose released from the liver. For many people with type 2 diabetes (PWDs type 2), the liver doesn't properly sense that the blood has ample glucose already, so it continues to pour out more. Eating something with a little carbohydrate signals the liver to stop sending glucose into the bloodstream and can tamp down high numbers. Skipping meals can also lead to overeating, which can cause an increase in weight. And if you take certain diabetes medications that stimulate the body's own insulin, such as common sulfonylureas, or you take insulin with injections or a pump, you risk having your blood glucose drop too low when you skip or delay meals

### ***Splash a Little Vinegar***

Can a spoonful of vinegar help the blood sugar go down? Yes, says Carol S. Johnston, Ph.D., R.D., professor and director of the nutrition program at Arizona State University's College of Nursing & Health Innovation. Consuming 1-2 tablespoons of vinegar before a meal may slow the rise of "the post meal surge in blood glucose by as much as 40 percent," she says. But that's still not a license to go carb crazy.

Vinegar may inhibit starch digestion and hold food in the stomach a little longer, Johnston says. By delaying emptying of the stomach, vinegar may help to blunt the rise of blood glucose in response to eating. The problem is the vinegar itself. It just isn't fun to drink a couple tablespoons before a meal. Take advantage of vinegar's benefits by splashing some on a salad and adding it to cooked vegetables.

Use caution if you adjust insulin based on your carbohydrate intake; reports have shown a higher frequency of hypoglycemic episodes in individuals with type 1 diabetes ingesting vinegar, says Johnston.

### ***Set Aside Time for Quality Sleep***

Too little sleep or poor sleep can disrupt your hormones, leading to increased appetite, higher blood glucose, and a thicker waistline. In fact, researchers from the Netherlands found that a single night of sleep deprivation can decrease insulin sensitivity by almost 25 percent.

Find a sleep routine that works for you. If you have trouble sleeping, talk to your health care provider about your sleep patterns to see if they warrant further assessment.

### ***Exercise to Boost Energy & Improve Sleep***

"If you're giving up exercise for sleep," says Jennifer Hyman M.S., R.D., CDE, registered dietitian and diabetes educator in Rockville Centre, New York, "chances are you are not active enough during the day." It becomes a vicious cycle, because inactivity can reduce the quality of sleep, and poor sleep leaves you too lethargic to exercise. Sneak in at least a few minutes of daily exercise by walking on your lunch break and taking the stairs instead of the elevator, says Hyman.

### ***Drink Water to Save Calories & Stay Hydrated***

It's a smart idea to drink plenty of calorie-free beverages, especially water, when your blood glucose is elevated. Because high blood glucose can cause excessive urination, drinking plenty of water helps prevent dehydration, says dietitian Constance Brown-Riggs. It won't, however, lower high blood glucose levels, she says.

<http://www.diabeticlivingonline.com/monitoring/blood-sugar/blood-sugar-control/?page=2>