



## PUTTING OUT THE FLAME

# Session Five

## Balanced Blood Sugar

**Classes featured:** Blood Sugar Rollercoaster, How Added Sweeteners Impact Blood Sugar

How I did last week:

What I want to remember:



## WHAT YOU NEED TO KNOW:

- Frequent blood sugar spikes contribute to chronic inflammation.
- Fiber is essential for fighting chronic inflammation in your body. It helps you stay full for longer, stabilizes your blood sugars, and helps escort excess hormones and toxins out of your body.
- Are you a late-night or after-dinner snacker? Try eating a high-protein breakfast—this has been shown to help curb late-night cravings.
- Sugar alcohols are a sweetener commonly used in “sugar-free” products and end with “-ol”  
Some people notice gastrointestinal issues when they eat too many sugar alcohols, too often.

### Tips from the pros to remember:

- Aim for at least 20 grams of protein at breakfast.
  - › 1 egg = 7 grams
- Decrease blood sugar spikes by using this formula:
  - › High-fiber carb + protein + fat at every meal and snack
- Check how much added sugar is listed on your product nutrition labels. Aim for three grams or less of added sugar per serving; aim for zero grams of added sugar per serving in foods you eat almost daily.
  - › Check your yogurt, salad dressings, peanut butter, sauces, sweetened coffee drinks or mixes, protein bars, and flavored oatmeal.

#### Common sugar alcohols:

Erythritol, lactitol, mannitol, sorbitol, isomalt, maltitol, xylitol



## HOMEWORK

### Assignment

Choose one or two of the following to focus on:

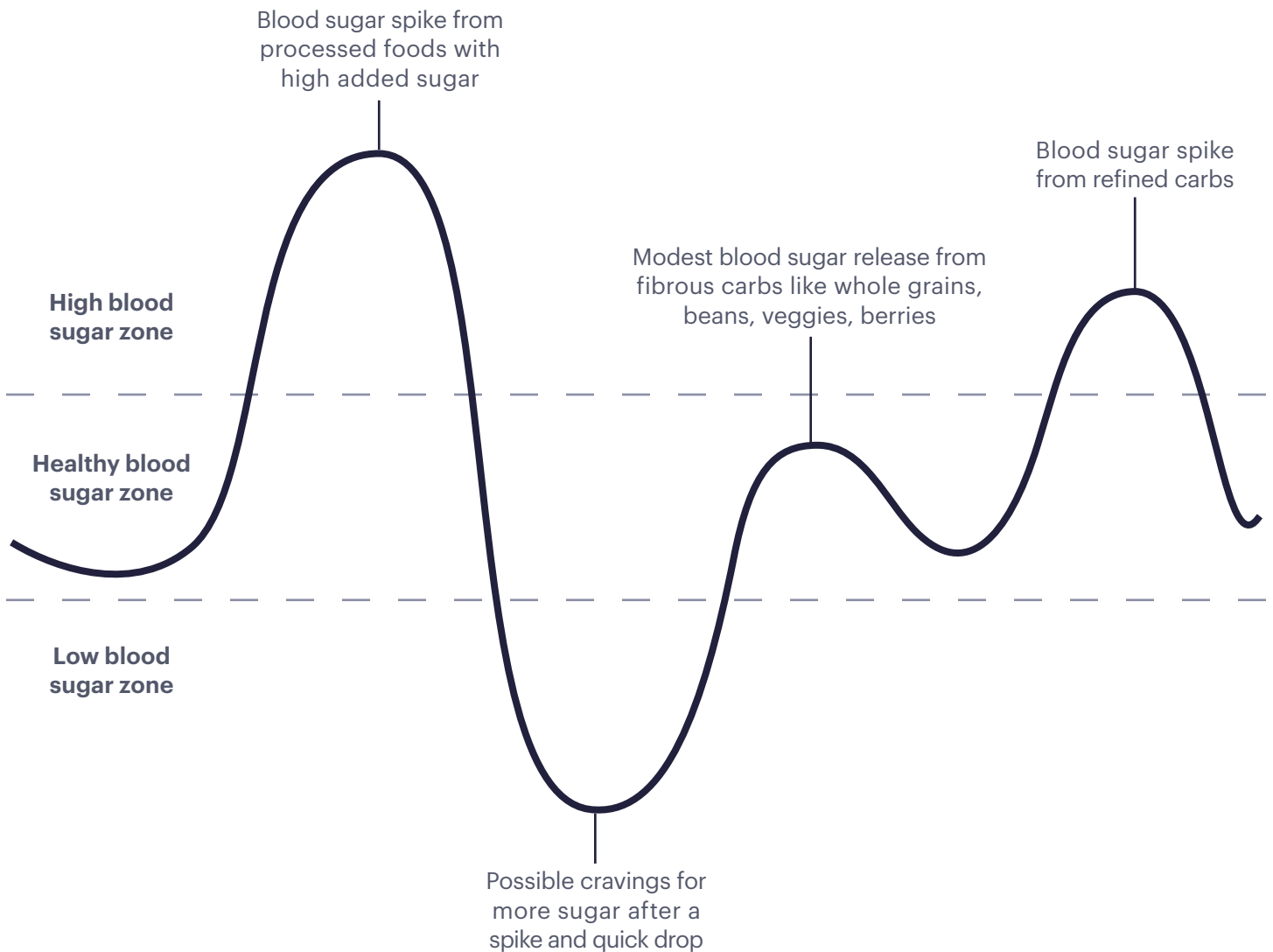
- I will eat a high-fiber carbohydrate at every meal and snack.
- I will pair my carbohydrate with a protein and healthy fat.
- I will eat at least 20 grams of protein at breakfast.
- I will check product labels in my fridge and pantry to identify where sweeteners are sneaking in.

Quick notes:





## THE BLOOD SUGAR ROLLERCOASTER





## FIBER-RICH FOODS

### Grains

Oats (½ cup) 4g  
Rice bran (1 oz) 6g  
Barley (½ cup cooked) 3g  
Multi-grain bread (1 slice) 1.5g  
Quinoa (1 cup cooked) 5g  
Brown rice (1 cup cooked) 4g  
Amaranth (¼ cup) 6g

### Beans

Black beans (1 cup cooked) 15g  
Garbanzo beans (1 cup cooked) 12g  
Lentils (1 cup cooked) 16g  
White beans (1 cup cooked) 19g  
Pinto beans (1 cup cooked) 15g

### Nuts and Seeds

Almonds (3½ Tbsp) 4g  
Flaxseed (3 Tbsp) 8g  
Pistachios (3 Tbsp) 3g  
Walnuts (4 Tbsp) 2g

### Vegetables and Tubers

Jicama (1 cup) 6g  
Brussels sprouts (1 cup cooked) 5g  
Cauliflower (1 cup cooked) 5g  
Kale (1 cup cooked) 3g  
Spinach (1 cup cooked) 4g  
Collard greens (1 cup cooked) 5g  
Acorn squash (1 cup cooked) 9g  
Summer squash (1 cup cooked) 5g  
Spaghetti squash (1 cup cooked) 2g  
Russet potato (1 medium with skin) 4g  
Sweet potato (1 medium with skin) 4g

### Fruits

Avocado (½) 9g  
Raspberries (1 cup) 8g  
Blueberries (1 cup) 4g  
Loganberries (1 cup frozen) 8g  
Blackberries (1 cup) 8g  
Banana (1 medium) 3g  
Pear (1 medium) 6g  
Orange (1 medium) 4g  
Apple (1 medium) 4g  
Figs (¼ cup dried) 4g

#### Tips to get more fiber:

- Mix lentils or beans with ground meat in homemade pasta sauces, tacos, or quesadillas.
- Add peas or roasted cruciferous veggies, like Brussels sprouts, to pasta dishes and rice bowls.
- Put avocado in your smoothie. (It makes it even creamier!)

# PROTEIN BITES FORMULA

Choose 1–2 of your favorite ingredients from each category. Try new combinations to create new flavors!

Instructions:

- Start with a ½ cup healthy base, add 1–2 Tbsp of sticky & sweet, and add extra flavors to taste.
- Combine in a bowl, roll into balls, and store in fridge or freezer.
- Other fun add-ins: nutmeg, hemp seeds, fruit, dried fruit, or extracts (vanilla, peppermint, almond).

## Healthy base

+

## Sticky & sweet

+

## Extra flavor



Oats



Ground dates



Shredded coconut



Almonds or other nuts



Ground flaxseed



Nut butter



Chocolate chips



Cacao powder



Protein powder



Honey



Extracts



Cinnamon