



15
WAYS

to Reduce Your
Blood Sugar

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15 Ways to Reduce Your Blood Sugar

SIMPLE STEPS TO OPTIMISE YOUR WEIGHT AND BOOST YOUR ENERGY

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Introduction

Type 2 diabetes and pre-diabetes affect millions of people worldwide. Many people may be on the path towards diabetes and do not realize it. As we get older we are more prone to some of the risk factors for getting type 2 diabetes. Being overweight, eating poorly and leading a sedentary lifestyle can take its toll on our health and set us up for the possibility of getting diabetes.

Watching your diet, controlling your weight and exercising on a daily basis can go a long way towards helping improve your blood glucose levels. Importantly, taking some of these steps can effectively optimize your weight and boost your energy. Here are 15 ways to reduce your blood sugar. They are simple steps that you can take to optimize your weight and boost your energy levels.



Chapter 1: Drink Plenty of Water

The body requires water for all of its functions. When your body isn't getting enough water it will not work at its optimal level. It is essential to stay hydrated throughout the day. In general, an average person should drink about 8 glasses of 236 ml a day. That equals about 2 litres of water per day. It is helpful to drink sip water throughout the day, even when you do not feel thirsty.

A good habit to get into is to drink a glass of water immediately upon waking up in the morning. This will replenish your system after a long night without any liquid intake. It is also necessary to drink additional liquids to replenish after exercising. Hot weather can also increase your need for water. An inadequate intake of water might upset your entire system, including the way your body handles glucose.

In addition to drinking a glass of water immediately in the morning,

it is a good practice to have a bottle of water available at all times throughout the day. You should spread out your water intake over the entire day rather than drinking a large quantity at once. A glass of water before or during a meal will help you feel full and keep you from overeating.

If you don't like drinking plain water you can try adding a slice of fruit to the bottle. A slice of lime, lemon or orange will add a splash of citrus flavour to your water and can make it more appealing. Keep your water ice cold so it is as refreshing as possible.

Dehydration happens when the body doesn't get enough water. One of the first symptoms of dehydration is a headache. Drinking enough water will also have some other healthy benefits. Your skin will have a better appearance and you will notice fewer wrinkles. Water keeps you regular so you won't have to worry about constipation.

Water is a building block of your cells and the body is made up of mostly water. You will notice a marked improvement in both your physical and mental health when you increase your water intake. While water is a necessity, you may drink too much. Although this is rare, you should monitor your daily water intake to insure that it is in the optimal range.



Chapter 2: Eat Smaller Meals

Eating smaller meals at more frequent intervals can improve and control your blood sugar. Eating at regular intervals throughout the day can be beneficial for everyone, especially those who are trying to control their blood sugar levels. Do not skip any meals. This can throw your entire system out of whack and make it more difficult for your body to recover.

Binge eating can wreak havoc on your system. If you fail to eat a meal it doesn't mean that you can gorge yourself on the next meal. Your body doesn't work that way. Instead, it is best to fuel your body regularly throughout the day. This will keep your blood sugar level on an even keel.

There are some tips for portion control that will help you eat smaller meals:

- Use smaller plates. Instead of dinner plates, use salad plates for your meals. You will fill up the plate and it will look like more food. If you fill up a dinner plate it will be too large a meal.
- Eat more slowly. When you take your time eating your body will be able to provide you with signals that you are full.
- Have a glass of water with your meal. Drinking water will help you feel full and will aid with digestion.
- Learn about portion sizes. Portion sizes vary based on the type of food, but once you can visualize the size of a portion you will be able to manage your meals.
- Be careful when dining out. Restaurants often provide meals that are extremely large. Share a meal with a friend and request a doggie bag so you can save a portion for another meal.



Chapter 3: Pay Attention to Your Carbohydrate Intake

Carbohydrates are known to raise blood sugar levels. If you have type 2 diabetes or are pre-diabetic you need to watch your carbohydrate intake. According to the American Diabetes Association, women should eat no more than 45 grams of carbs per meal and men should have no more than 60 grams. Some doctors recommend an even lower carb intake.

Your body needs carbohydrates for fuel, so you can't cut them out entirely. However, you can do a better job of spreading them out throughout your day. Don't eat your entire daily allowance of carbs at once. This can cause problems with blood sugar levels.

A better plan is to eat some carbs at each meal. If you eat more carbohydrates than your body can handle it will send your blood sugar level up. At the same time, if you have too few carbs your blood sugar

level will be too low. Some experimentation will help you determine your own optimal intake.

Adults should have about 2 to 4 servings of carbohydrates at every meal. A serving is equal to about 15 grams of carbs. Some dieticians recommend counting your daily carbohydrate intake. You can find the number of carbs in a serving by looking at the label on the product. There are also carb counters that will give you the approximate number of carbs in a serving of various types of foods.

Some foods that are high in carbohydrates include bread, cake, sugary drinks, cereal, salty snacks and candy. In general, you don't need to cut these foods out of your diet entirely but you can eat them in moderation as long as you are paying attention to your overall carb intake.



Chapter 4: Add Exercise to Your Daily Routine

Exercise helps to stabilize the body and improve function. Those with high blood sugar due to type 2 diabetes can improve their blood sugar levels with regular exercise. Exercise makes insulin work better because it utilizes glucose in your muscles. This, in turn, reduces the amount of glucose in your blood. Your insulin level actually goes down during periods of exercise.

Muscles burn more glucose than tissues so try to choose some exercises that utilize the muscles. It is easier to control your blood sugar levels when you exercise. That's because the muscles use glucose without insulin during periods of exertion. If you are insulin-resistant, exercising can actually make your insulin use more effective because your body uses glucose in a more efficient way.

Exercise has many other benefits for your body as well. Regular exercise can prevent you from developing some complications from diabetes such as heart problems. Exercise helps keep your heart strong so that you can avoid a heart attack. It also reduces your cholesterol levels which will keep you from getting arteriosclerosis (blocked arteries).

Other important benefits of exercise include:

- Control your weight
- Increase good cholesterol levels
- Create stronger muscles
- Give you more energy
- Make your bones stronger
- Lower your blood pressure
- Help you sleep better
- Reduce stress levels
- Improve your frame of mind

It is best to try to get into a daily exercise routine. You can vary your choices of exercises so you don't get bored. The most important thing is that you engage in some exercise every day. It is necessary to get permission from your doctor before beginning any type of fitness programme.



Chapter 5: Eat More Fibre

Fibre is an important part of everyone's diet but it is particularly important to those who want to reduce their blood sugar levels. While it is helpful to eat more fibre, it can be difficult to choose foods that are high in fibre because these same foods are also often high in carbohydrates. Fibre is different from carbohydrates because fibre does not raise your glucose level the way carbs do.

The body does not break down fibre so it is not digested in the same way as other foods. In general, a person should get between 20 and 35 grams of fibre a day. Those who have diabetes should get more than that. It was found that those who ate up to 50 grams of fibre a day were able to better control their blood sugar levels than those who ate less.

There are some benefits of eating fibre. One of the benefits is that when you eat fibre it makes you feel full and therefore you may eat

less. Fibre doesn't provide any calories, so you can eat it without adding to your daily caloric intake. Eating fibre helps your digestion, keeps your regular and prevents irritable bowel syndrome. In order to keep from getting constipated you need to be sure to drink plenty of water every day.

Some foods that are high in fibre include whole grain breads and cereals, apples and other fruits and many vegetables. When you choose foods that are high in fibre you will need to consider their carbohydrate count as well. Remember that you can and should have carbohydrates in your meal plan as long as you pay close attention to spreading out your carb intake throughout the day.



Chapter 6: Reduce Stress

Stress can come from many different places. We can have a bad day at work, sit in traffic on the way home and have a fight with our spouse. There are so many different things that can cause stress in our lives. Sometimes stress can accumulate over a period of time.

Too much stress can cause result in physical problems as well as mental fatigue. Stress causes the body to ramp up for action. As a result, your body starts to react and you may breathe more quickly and your heart rate goes up. At the same time, your blood glucose levels rise very quickly. Those who suffer from insulin resistance will find that the glucose has nowhere to go and therefore it can lead to hyperglycaemia.

Reducing our stress level is essential in order to ensure that you maintain an even blood sugar level. There are a variety of things you

can do to relieve stress and to prevent it in the first place. Improved stress management will help you improve your blood sugar levels.

- Relaxation exercises
- Yoga
- Deep breathing
- Positive mental imaging
- Massage
- Meditation
- Exercise

Taking part in any of these activities can help you reduce stress and control your blood sugar. Not every technique works for everyone. You can experiment with the techniques until you find the ones that seem to have the biggest impact.

Practice your stress-reduction techniques anytime you start to feel anxious or stressed out. You will soon be able to control your stress more effectively and stop stress from taking a toll on your physical and mental well-being.



Chapter 7: Lower Your Weight

Being obese or overweight can take a toll on your body. There are many medical problems that can develop as a result of carrying too much weight. Often, those who are diagnosed with type 2 diabetes or pre-diabetes are overweight. Losing weight can actually help prevent you from getting diabetes and it has been proven that reducing your weight can lower your blood sugar level.

Even reducing your weight by just a few pounds can be helpful. Shedding even 5 percent of your total body weight can improve your health. However, don't try to lose too much weight all at once. Instead, consider a regime that will help you lose up to 15 percent of your body's total fat mass over a period of six months.

The healthiest way to lose weight is with an approach that includes lifestyle changes such as a healthy diet and exercise regime. Losing

weight slowly will ensure that you keep the weight off. Going on a fad diet such as a liquid diet or fasting can be extremely harmful, especially to those who have diabetes.

Instead, it is best to work with your doctor or a nutritionist to develop an ideal weight loss plan. Determine the number of calories that you will need to eat daily. This must be based on the amount of exercise that you get. There are a number of different physical activities that can be fun ways to get the exercise you need. For example, swimming, hiking, bicycling and jogging are all excellent activities.

If you haven't exercised in a while you should start slowly. For example, you can start by walking short distances, for example, around the block. Then, build up slowly to longer walks. Do not start any type of diet or exercise plan without first consulting with your doctor. It is important to note that when you increase your physical activity and change your diet you may need to readjust any type of diabetes medication that is currently prescribed.



Chapter 8: Take Apple Cider Vinegar

Taking apple cider vinegar has been shown to improve blood sugar levels, although it is not yet proven. However, it has not generally been found to be harmful. Some people take a tablespoon of apple cider vinegar straight out of the bottle and mixed with water. This can be a little hard to get used to for most people. There are other ways to ingest apple cider vinegar. For example, you can use it to make a delicious salad dressing or marinade for veggies.

The best time to take apple cider vinegar is before meals and before going to bed. Try mixing a tablespoon of apple cider vinegar with water and a little bit of saccharin to make it more palatable. Taking it at bedtime can improve fasting blood glucose in the mornings. The effects of apple cider vinegar can be almost as effective as some diabetes drugs.

In fact, some people report that they have been able to stop taking their medication completely when they take apple cider vinegar on a daily basis. Because it has not been scientifically proven, your doctor may be hesitant to inform you about the potential benefits of apple cider vinegar.

There are a few things to keep in mind if you want to try apple cider vinegar. Purchase a reliable brand of non-filtered apple cider vinegar. Mix it with water and take about 1 to 3 teaspoons before bed and after eating any meal that contains carbohydrates. If you experience heartburn or nausea you can try reducing the amount, mixing it with more water or taking it right before eating.

Apple cider vinegar can have a negative impact on the teeth. You should rinse your mouth after ingesting apple cider vinegar to remove the remnants from your enamel, which is especially important before bed. Monitor your blood sugar levels to find the dosage that works best.



Chapter 9: Get Plenty of Sleep

Everyone needs to sleep to rest and replenish their body on a daily basis. If you fail to get enough sleep it can contribute to a myriad of problems and ailments. Sleep deprivation can do more than make you weary and irritable. It can also increase your risk of high blood pressure, obesity and type 2 diabetes.

Sleep can be as important as exercise when it comes to controlling blood sugar levels. Those who slept 6 or fewer hours a night were more likely to develop diabetes at sometime in their lives than those who got more sleep. When the body doesn't have enough restorative rest it needs more insulin than when it has plenty of sleep.

Lack of sleep can have a negative impact on the sympathetic nervous system that controls stress and hormones. The result is that the body has a harder time regulating glucose levels. It is important to note that

getting low quality sleep, sleep that is interrupted or light, may have the same effect as not getting enough hours of sleep.

There are some tips for ensuring that you get a good night's sleep.

- Create a restful bedroom
- Don't watch television while in bed
- Darken the room with shades or curtains
- Remove any distractions from your room
- Establish a regular bedtime
- Avoid taking sleep-aid medications
- Use a white noise machine to tune out noises
- If you can't sleep, get up and do something else until you are tired
- Get some daily exercise
- Practice yoga or meditation
- Make sure the room is a comfortable temperature

If you suffer from chronic sleep deprivation you may want to discuss the situation with a specialist. There may be other factors at play and you might have other medical issues that are interfering with your ability to sleep. A complete physical should be completed to rule out other medical conditions.



Chapter 10: Add More Resistant-Starch Foods

Foods that have resistant starch are a great way to keep your blood sugar levels consistent. You may hear the word “starch” and run the other way because generally, starchy foods are not good for controlling blood sugar. However, foods with resistant starches contain indigestible fibre.

Resistant starches actually bypass the small intestine and become metabolized by good bacteria. They then provide the same type of service as fibre in the large intestines. You will find that if you eat foods high in resistant starch your meal will not impact your blood sugar level.

Some foods that are high in resistant starch include unripe bananas, whole grains such as wheat and oats, corn, cold pasta, lentils and cooled and cooked potatoes. The starches come out only after

potatoes have been cooked and then cooled. Warm potatoes do not contain the same type of starch. Therefore, potatoes that are cooked and then cooled, such as in potato salad, are ideal.

As with any dietary change, you will need to experiment to see how the foods impact your blood sugar levels. A food diary can be helpful when trying out different foods. Record the type of food and quantity that you ate, along with any other foods that you ate. Then, write down any notable differences in your blood sugar levels.

It should be noted that you may want to make one change at a time to your dietary intake. This will help you be better able to determine the results of the changes. Over time you will be able to make additions or deletions to your diet so you can see which foods work the best in your particular case.



Chapter 11: Eat More Legumes

Beans and lentils have been found to help the body process glucose and therefore assist in maintaining low blood sugar levels. Of most benefit include legumes, beans, chickpeas and lentils. They have a significant amount of fibre, which is known to help control blood glucose levels. They are much more effective in comparison to whole wheat products.

It is helpful to incorporate bean and lentils into your daily diet without overdoing it. Some people may have digestive issues related to beans because they are known to produce gas. It is recommended that you take a gas-reducing product before eating beans and don't eat too many at once. A portion is generally smaller than the size of your fist, but you can also measure the portions to achieve more accuracy. About a cup of beans or legumes a day is found to be beneficial.

In addition to lowering your blood sugar level, legumes and beans are also helpful in lowering blood pressure. This can lead to a decrease in the risk of cardiovascular disease. Legumes, beans and lentils can make excellent side dishes or can be mixed with other items as a salad or main course. You can use legumes as a substitute for rice or mashed potatoes. Lentils are wonderful in soup.

Once you begin to incorporate beans and legumes into your diet you may start to see an immediate improvement in your blood glucose level. Keep in mind, however, that this is just one of many dietary improvements that you can make to reduce your blood sugar.



Chapter 12: Choose Foods with a Low Glycemic Index

Different foods cause different reactions in the body. Some foods can cause our blood sugar to go up much more quickly than other foods. If you are concerned about your blood sugar levels you will want to choose foods that have a low glycemic index. These foods are better for you because they allow for a slower and less drastic rise in blood sugar.

For example, some carbohydrates and foods with refined sugar are going to cause a spike in your blood sugar level. Foods such as vegetables are digested more slowly and they don't cause such a severe rise in blood sugar levels.

The glycemic index is a number that is assigned to each particular type of food. It indicates how quickly or slowly your body converts the food into glucose. The glycemic value of foods is generally listed

on the package. However, just like calories, there are charts you can find that will provide you with a general glycemic index for the most common types of foods.

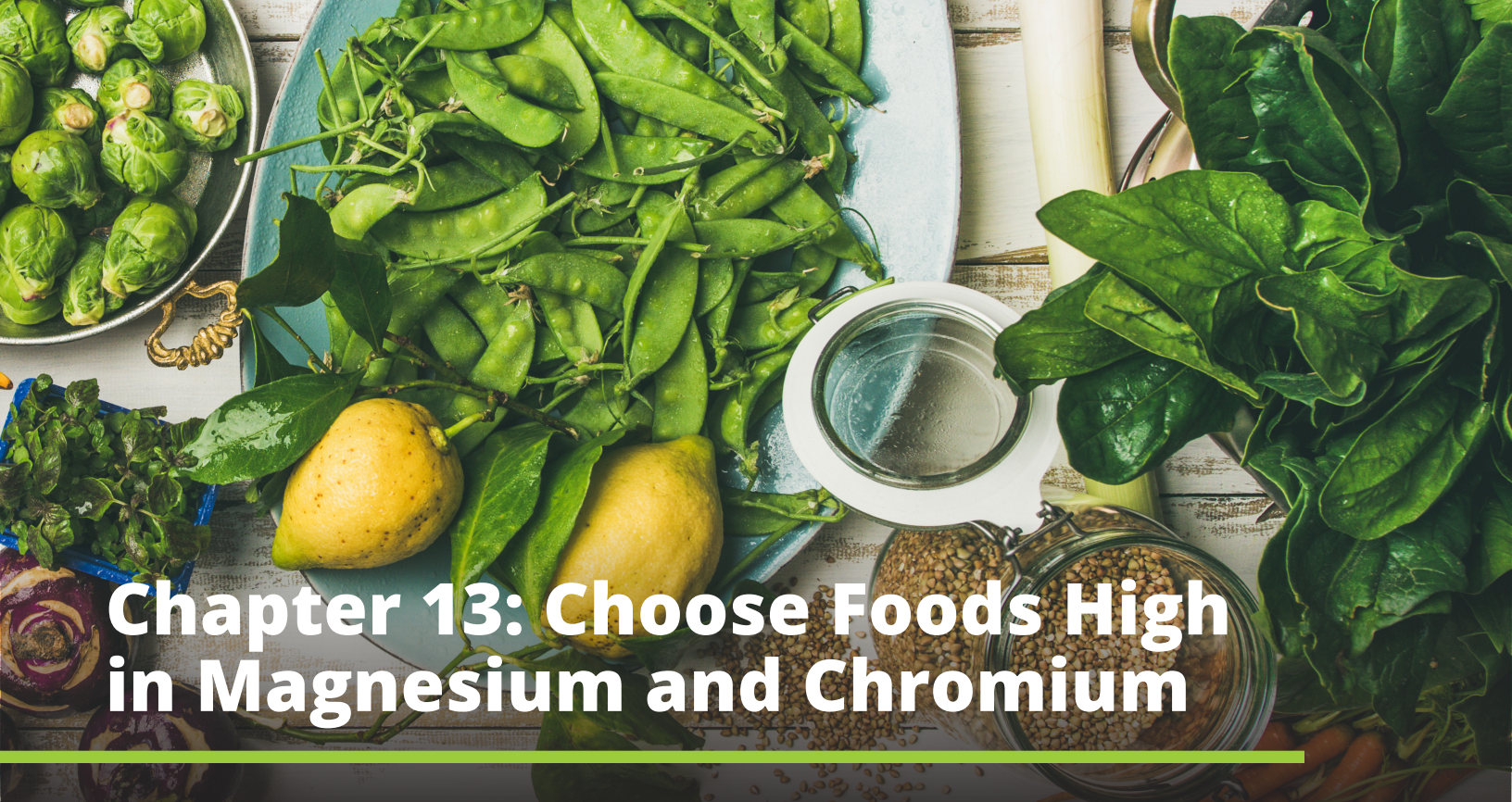
When a food has a low glycemic index number it indicates that it is better for you because it will take longer to convert to glucose. Foods with higher numbers convert more quickly and can therefore cause a spike in your blood sugar levels.

In general, foods that have a glycemic index of 55 or less are considered low and are the best for those watching their blood sugar levels. Foods with 56 to 69 are in the medium range and those that are rated 70 or above are high and are the worst for causing rises in blood sugar levels.

Get used to reading package labels to find the glycemic index. You can make a list of the foods that have the highest and lowest so you can begin to change your dietary habits. You will soon be able to better control and avoid spikes in your blood sugar levels by watching your dietary intake.

Keep a log of the foods you eat along with their glycemic index numbers. This will give you a better idea of the foods that are best for controlling your own blood sugar levels.

Once you are aware of the numbers you can make better dietary choices.



Chapter 13: Choose Foods High in Magnesium and Chromium

Magnesium and chromium are considered essential minerals. Your body needs these as well as other nutrients to survive and to function properly. Many people do not get enough of these trace elements in their diets. Trace minerals are also called micro-minerals because of the very small amounts that are necessary.

Magnesium is contained mostly in the body's skeletal system. It is necessary for helping your nerves send messages between your brain and other parts of the body. Magnesium deficiency is often associated with diabetes. If you are deficient in magnesium you may experience nausea or vomiting, loss of appetite and fatigue. Some cases can be even more serious with seizures or heart problems. If you don't have enough magnesium the resistance to insulin increase.

Chromium is needed in minute amounts and the precise optimal dosage is not known. However, if the body does not have enough

chromium you will experience a lowered effectiveness of insulin and an inability to maintain proper blood sugar levels. The use of chromium to improve blood sugar levels in diabetic patients is not proven but some speculate that it can be helpful.

The recommended daily intake of magnesium is 310 mg per day for women and 400 mg per day for men. The adequate daily intake of chromium is 20 mcg a day for women and 35 mcg for men. The best sources of these micro-minerals are in meat, whole grains, fruits, vegetables and spices.

In addition to eating foods high in magnesium and chromium, you may choose to take a supplement. These types of supplements can be extremely effective. However, you should check with your doctor first because some supplements could cause problems with prescription medications that you are taking. It is also important to note that taking too much of some minerals can cause toxicity and may be harmful. Therefore, consult with your doctor before you begin taking any supplement.



Chapter 14: Don't Skip Meals

Skipping a meal can cause your entire system to get off kilter. The same holds true for fasting. If you are borderline diabetic you should never miss a meal. When you miss a meal your body is fasting, just as it does overnight. You will cause the body's blood sugar levels to rise and fall in an unnatural fashion. This roller-coaster can have a big impact on your body's ability to produce insulin in the proper amounts.


When you fail to eat a meal your body may reach extremely low levels of blood sugar. This extreme is called hypoglycaemia and can be a medical emergency. If you don't experience hypoglycaemia you may still experience fatigue. Your body doesn't have the fuel it needs to perform all of its functions.

If you are late with a meal don't simply wait until the next meal and eat more food. This can do more harm than good. Instead, eat some

healthy snacks that will give your body the energy it needs and help maintain proper levels of blood sugar.

Choose a snack that has about 15 grams of carbohydrates. If you are diabetic, always have one or two portions of snacks with you at all times for situations where you may be unable to eat on time. Raisins or pretzels make good snacks but you can choose the foods that you prefer.

It is also essential that you try to eat balanced meals. If you do so you will be more likely to get the vitamins and nutrients that are essential in keeping your blood glucose levels at a manageable number. A dietician or nutritionist can help you plan healthy, nutritious meals that will meet your daily requirements and keep your blood sugar levels balanced.

A close-up photograph of a person's hands using a blue glucometer. The person is wearing a white long-sleeved shirt. They are holding the device with their right hand and using their left index finger to prick their skin. The background is blurred, showing what appears to be a kitchen or dining area with a table and chairs.

Chapter 15: Monitor Your Blood Sugar Levels

Whether you have diabetes or pre-diabetes or are simply concerned, you should pay attention to your blood sugar levels. By learning to watch your levels more closely you will begin to understand your own body and how certain foods and activities have an impact. Everyone is different, so it is important to find your own balance to handle your blood sugar levels.

Your blood sugar levels can change drastically from minute to minute so it is helpful to understand when and how to perform tests. A monitoring kit is necessary to perform testing. The kit contains strips that will be used to collect a tiny drop of blood from a finger or other area of the body. You will get a reading, which you can record on a log. The machine itself will also likely store readings as well.

You can test first thing in the morning and before or after meals. At

first you will want to take more frequent readings. Once you become more aware of your body's signals, you will be able to take readings less often.

Monitoring will help you see how your diet, exercise, and other lifestyle factors are impacting your blood sugar levels. In addition to the readings you take you also need to track your meals, activities and moods. That way you can determine a correlation between the various parts of your life and your blood sugar levels.

For example, you should note when you are feeling stressed because at the same time you might see a change in your blood sugar levels. Because everyone is different there may be some factors that have more of an impact on your levels than others. Over time you will learn what they are so you can make the necessary adjustments in your life.

Conclusion

Living with diabetes does not need to be difficult. When you take the time to learn about controlling your blood sugar levels and with some experimentation, you will be able to make some positive changes in your life. Your quality of life will improve and so will your health.

There are some positive things you can do to improve your blood sugar levels and your overall health and well-being. Many of these things can be done with little or no expense. You need only to commit that you want to enjoy better health and increase your quality of life.

Whether you have been diagnosed with diabetes or are trying to prevent it from occurring, there are some immediate changes you can make that can reduce your risk or even keep you from having to take prescription medications to control your blood sugar levels. You might be able to make lifestyle changes that will prevent you from getting the disease.

Before you try any of these options you should discuss them with your doctor. Do not try any of them unless they are approved by your physician. Do not make any significant changes to your diet or exercise regime until first obtaining approval from your physician.

Resources

1. Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
2. Everyday Health <https://www.everydayhealth.com/diabetes/9-tips-lower-blood-sugar-naturally/>, <https://www.everydayhealth.com/diet-nutrition/meal-planning/tips/keep-portion-sizes-in-check.aspx>
3. SFGate <http://healthyeating.sfgate.com/recommended-daily-intake-carbs-diabetic-male-1816.html>
4. EndocrineWeb <https://www.endocrineweb.com/conditions/type-2-diabetes/type-2-diabetes-exercise>
5. Joslin Diabetes Center http://www.joslin.org/info/how_does_fiber_affect_blood_glucose_levels.html
6. Prevention <https://www.prevention.com/life/a20451079/how-stress-impacts-high-blood-sugar-levels/>
7. Livestrong.com <https://www.livestrong.com/article/472838-will-my-blood-glucose-go-down-if-i-lose-weight/>
8. Diabetes Self Management <https://www.diabetesselfmanagement.com/blog/apple-cider-vinegar-and-diabetes/>

9. Fitness Magazine <https://www.fitnessmagazine.com/health/conditions/diabetes/lack-of-sleep-can-lead-to-diabetes/>
10. Diabetes Self Management <https://www.diabetesselfmanagement.com/blog/resistant-starch-dont-resist-its-effects/>
11. CardioSmart, American College of Cardiology <https://www.cardiosmart.org/News-and-Events/2012/10/Legumes-improve-blood-sugar-control-and-reduce-cardiovascular-risk-in-diabetics>
12. WebMD <https://www.webmd.com/diabetes/guide/glycemic-index-good-versus-bad-carbs#1>
13. LiveStrong <https://www.livestrong.com/article/525718-magnesium-chromium/>
14. Diabetic Living Online <http://www.diabeticlivingonline.com/food-to-eat/nutrition/dangers-skipping-meals-when-you-have-diabetes>
15. American Diabetes Association <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>