

Managing High Blood Sugar

Tips to Manage High Blood Sugar (For Diabetics)

Follow a regular eating schedule

Eat small regular meals to maintain blood sugar levels. Avoid skipping meals or eating too much.



Perform a health assessment annually

Check your blood sugar, blood lipid, blood pressure levels and BMI.

Monitor blood sugar levels regularly

Check often to understand how different foods affect your blood sugar levels. This helps identify any areas of improvement for managing your diabetes.



Practice proper medication adherence

Ensure you take your prescription as instructed by your doctor:

- at the **right dose**
- at the **right time**
- in the **right way**.
- for the **right duration**

Ensure you understand the instructions given to you by your doctor.

Use low-fat cooking methods

Try boiling, baking, steaming or grilling. Use ceramic pans to reduce oil usage



Season food with less salt

Limit salt consumption using natural seasonings like herbs, spices, lemon & ginger.

Consume less red & processed meat

Try out healthier protein options like:

- **pulses** (beans & lentils)
- **chicken** (skin removed)
- **fish** (salmon & tilapia)
- **tofu** - **paneer**

Eat more healthy carbohydrates

Try low glycemic-index carbs:

- **whole grains** (brown rice, oats, barley & quinoa)
- **low-fat dairy products**
- **fruits** (berries & apples)
- **leafy green vegetables** (spinach, kale & cabbage)

Cook at home more often

Limit the number of restaurant meals or takeaways. Homemade food contains less calories, sodium and oil.

