



UNDERSTANDING BLOOD SUGAR LEVELS

Quick Tips to Stay Healthy and in Control



WHY IT MATTERS

Balanced blood sugar is crucial for energy, mood, and long-term health.

THE GOAL

This guide will show you how to maintain optimal blood sugar levels in simple, actionable steps.



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What Happens When Blood Sugar is Uncontrolled?

- High Blood Sugar ([Hyperglycemia](#))
- Risks: Diabetes, nerve damage, heart disease, kidney issues.
- Symptoms: Thirst, fatigue, blurred vision, frequent urination.
- Low Blood Sugar ([Hypoglycemia](#))
- Risks: Dizziness, confusion, weakness, and in severe cases, unconsciousness.
- Symptoms: Sweating, shakiness, irritability, rapid heartbeat.





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Benefits of Controlled Blood Sugar

Boosts Energy:

- Steady glucose means steady energy throughout the day.

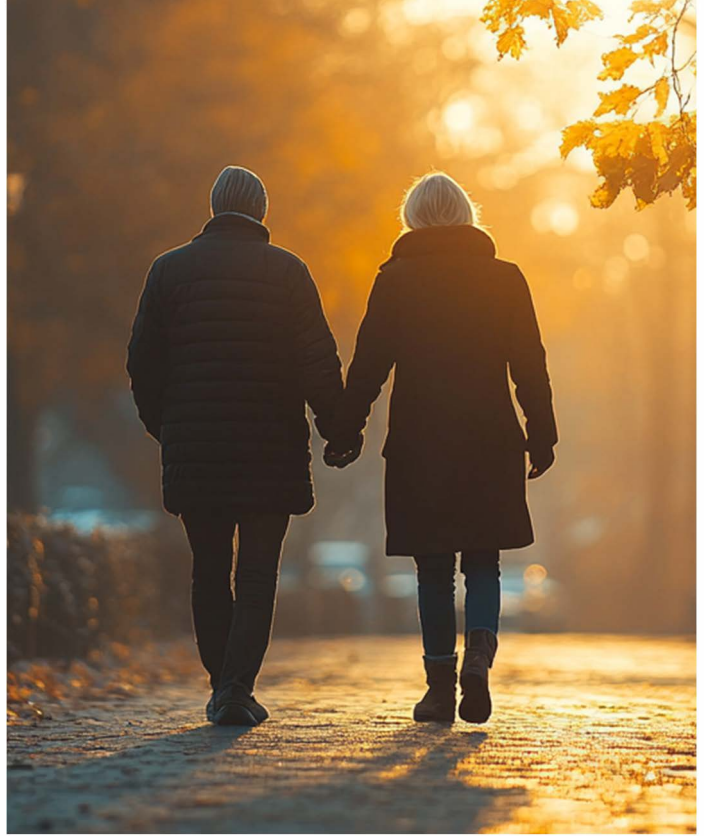
Improves Mood:

- Fewer highs and lows reduce mood swings and anxiety.

Supports Organ Health:

- Protects kidneys, heart, and nerves from long-term damage

Top Tips to Control Blood Sugar



Eat Balanced Meals

- Include protein, fiber, and healthy fats to slow down sugar absorption.
- Example: Try pairing apples with almond butter or salads with avocado.

Exercise Regularly

- Boosts insulin sensitivity, helping cells use glucose effectively.
- Target: Aim for 30 minutes of activity, like walking or cycling, most days.

Stay Hydrated

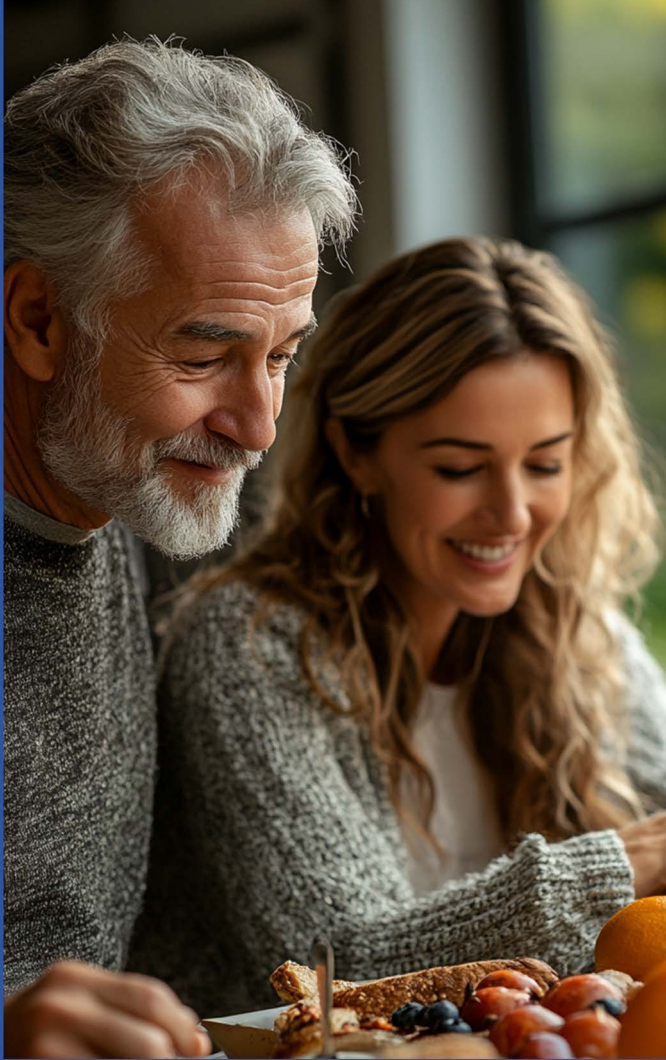
- Dehydration can spike blood sugar.
- Tip: Aim for 8 cups of water daily (or more if active).

Sleep Well

- Lack of sleep increases cravings and insulin resistance.
- Goal: Get 7-8 hours of quality sleep per night.

Monitor Carbohydrate Intake

- Focus on complex carbs (whole grains, legumes).
- Avoid sugary snacks and refined grains like white bread.



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Things to Avoid

Sugary Drinks and Snacks

- High in empty calories and can lead to spikes in blood sugar.

Highly Processed Foods

- Packaged foods often contain added sugars and unhealthy fats.

Skipping Meals

- Can lead to blood sugar drops, followed by overeating later on.



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Key Data on Blood Sugar Control

✓ **Global Impact**

- Over 537 million adults worldwide have diabetes, a number expected to reach 643 million by 2030 (International Diabetes Federation).

✓ **Health Risks**

- High blood sugar doubles the risk of heart disease and stroke.
- Chronic high blood sugar can increase the risk of kidney disease by up to

✓ **Exercise Benefits**

- Physical activity can lower A1C levels (average blood sugar) by 0.7% in people with type 2 diabetes.

✓ **Diet's Role**

- Studies indicate that diets high in fiber can improve blood sugar control by slowing digestion and reducing post-meal spikes.

✓ **Cost of Poor Control**

- The economic burden of diabetes is estimated at \$760 billion annually

UNDERSTANDING BLOOD SUGAR LEVELS



Controlling blood sugar is vital for maintaining your health and well-being. Small daily choices—like balanced meals, exercise, and hydration—can make a big difference. Start today for a healthier tomorrow!

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*Live a Life of Wellness and Vitality Before and Beyond **50.***