

Managing diabetes: Natural ways to control your blood sugar



Limit carbs

Carbohydrates found in rice, some fruits, vegetables, sweets, and dairy products can cause blood sugar fluctuations. Reduce carb intake to regulate your blood sugar levels.



Spread out your meals

Eating in moderation by spreading out meals throughout the day is a good way to prevent the sudden spikes and lows.



Stay hydrated

Water flushes out the kidneys and helps remove excess sugar. Choose to keep sipping on water or zero-calorie alternatives to reduce diabetes risk.



Be active

Get moving, set a goal to be more active because exercise helps improve insulin resistance.



Manage stress

Anxiety increases sugar levels. Meditate, do yoga, listen to music or walk outdoors to relieve stress.



Choose probiotics

Foods with gut friendly bacteria like buttermilk, pickle, pokhal bhat, kanji/rai ka pani, offer numerous health benefits, including improved blood sugar regulation.



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