



# Blood Sugar & Managing Cravings!



Z L R F I T N E S S  
DISCOVER YOUR INNER WARRIOR





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## What are cravings?

A craving is a powerful desire for something. To put this into an example it may be sounding something like:

"I am craving chocolate".

You may be seeking out an association of a positive effect of the experience also.

Cravings are very common. In fact, more than 50% of people experience cravings on a regular basis.

They play a major role in weight gain, food addiction and binge eating.

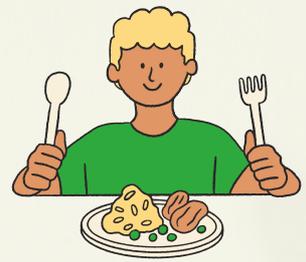
Being aware of your cravings and their triggers makes them much easier to avoid. It also makes it a lot easier to eat healthy and lose weight.

## What are urges?

This can be seen as an impulse too satisfy a craving. An urge is a pressing want, one that is almost a compulsion, like when you're so frustrated, you have the urge to scream. If you urge someone to do something, you feel strongly about it.

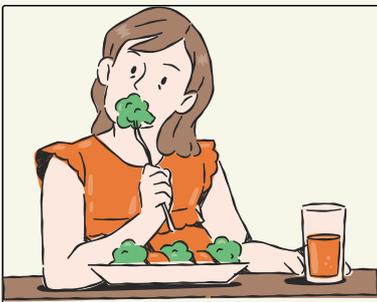


## Top tips to manage your cravings:



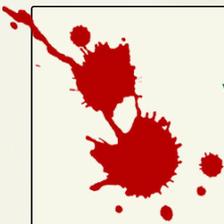
- **Drink Water**– Most of the time we are actually thirsty rather than hungry despite what you think.
- **Eating Protein**– Protein keeps us more satisfied and full. It can reduce our cravings by up to 60%!
- **Distance yourself from the craving**– take a walk, shower, chew gum and take yourself into a different room/environment.
- **Plan Your Meals**– Planning your meals for the day or upcoming week eliminates spontaneity and uncertainty, both of which can cause cravings.
- **Avoid Extreme Hunger**– Eat regular meals throughout the day to maintain healthy blood sugar levels and prevent intense cravings. The more hungrier you are the worse it is, have healthy snacks at the ready.
- **Minimise Stress**– Being under stress may induce cravings, eating and weight gain, especially in women.





## Top tips to manage your cravings:

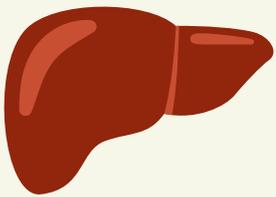
- **Get Your Sleep**– Sleep deprivation may disrupt normal fluctuations in appetite hormones, leading to cravings and poor appetite control.
- **Eat Proper Meals Regularly**– Eating proper meals helps prevent hunger and cravings, while also ensuring that your body gets the nutrients it needs.
- **Avoid Going Food Shopping When Hungry**– Eating before you go to the supermarket helps reduce the risk of unwanted cravings and impulsive buying.
- **Mindful Eating**– Eating mindfully involves being present while you eat, slowing down and chewing thoroughly. It is also important to avoid distractions, like the TV or your smartphone. Mindful eating is about learning to recognize the difference between cravings and actual hunger, helping you choose your response.



## What does blood sugar mean?

Blood sugar, or glucose, is the main sugar found in your blood. It comes from the food you eat, and is your body's main source of energy. Your blood carries glucose to all of your body's cells to use for energy.

Diabetes is a disease in which your blood sugar levels are too high.



### Understanding Glucose:



Glucose comes from two major sources; food and the liver. Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin. The liver stores and makes glucose. When glucose levels are low, such as when you haven't eaten in a while, the liver breaks down stored glycogen into glucose.



## What is Insulin?

A hormone made by the islet cells of the pancreas. Islet are the cells that regulate the amount of glucose in the blood. Insulin controls the amount of sugar in the blood by moving it into the cells, where it can be used by the body for energy.



## What is Glycogen?

Glucose is the main source of fuel for our cells. When the body doesn't need to use the glucose for energy, it stores it in the liver and muscles. This stored form of glucose is made up of many connected glucose molecules and is called glycogen.



## What is Insulin resistance?

Insulin resistance is when your body's cells don't respond properly to the insulin that your body makes or the insulin you inject as a medication. Because your body cannot use the insulin as it should your blood sugar levels can increase.

# Understanding Unhealthy Blood Sugar Levels

If your fasting blood glucose level is 5.6 to 6.9 mmol it usually means you have prediabetes.

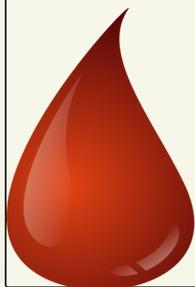
People with prediabetes have up to a 50% chance of developing Type 2 diabetes over the next five to 10 years. But you can take steps to prevent Type 2 diabetes from developing.

If your fasting blood glucose level is 7.0 mmol or higher on more than one testing occasion, it usually means you have diabetes.

A blood sugar result of 2.7 or lower is usually considered low.

Low blood sugar (hypoglycemia) episodes are common in people with Type 1 diabetes and people with Type 2 diabetes who take certain medications. They're much less common in people who don't have diabetes.

Diabetes develops when your pancreas doesn't make any insulin or enough insulin or your body isn't responding to the effects of insulin properly.  
(see definitions above)



# Understanding Healthy Blood Sugar Levels

A healthy (normal) fasting blood glucose level for someone without diabetes is 3.9 to 5.5 mmol. Values between 2.8 to 3.9 mmol for people without diabetes can be “normal” too.

This is why maintaining a healthy blood sugar is vital to your health and will prevent you getting diseases such as Diabetes.

**How you can test your blood sugar at home:**  
A blood glucose test measures the level of glucose (sugar) in your blood. The test can involve a finger prick or a blood draw from your vein. Healthcare providers most commonly use blood glucose tests to screen for Type 2 diabetes, which is a common condition.

You can get easy test kits that you can do from home. You will probably know that many people who have diabetes have these machines so they can keep an eye on their blood sugar levels each day. I've attached a log below if you want to start looking into taking your blood sugar levels.







## What are blood sugar spikes?

A blood sugar spike happens when glucose builds up in the bloodstream and your blood sugar levels increase. This may happen after eating.

Symptoms of a blood sugar spike may include:

frequent urination

fatigue

increased thirst

blurred vision

headache



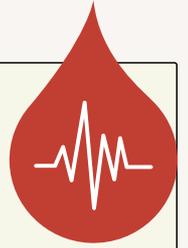
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Eating regular meals throughout the day will prevent your blood sugar spiking and causing intense hunger.

When you don't eat the right things you may notice you will have spikes through the day; if you snack on sugary things you will be up & down with your energy to high one minute then low the next which affects blood sugar levels.

# Stabilising Your Blood Sugar

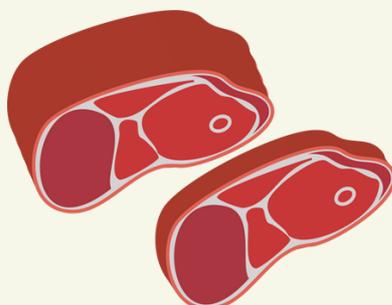
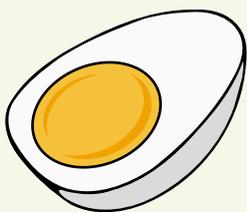


When a person eats carbohydrates, the body releases the hormone insulin.

Insulin helps the body use and store these carbohydrates, lowering blood sugar levels. In a person with diabetes, the body does not release or use insulin as it should, causing their blood sugar levels to remain high.

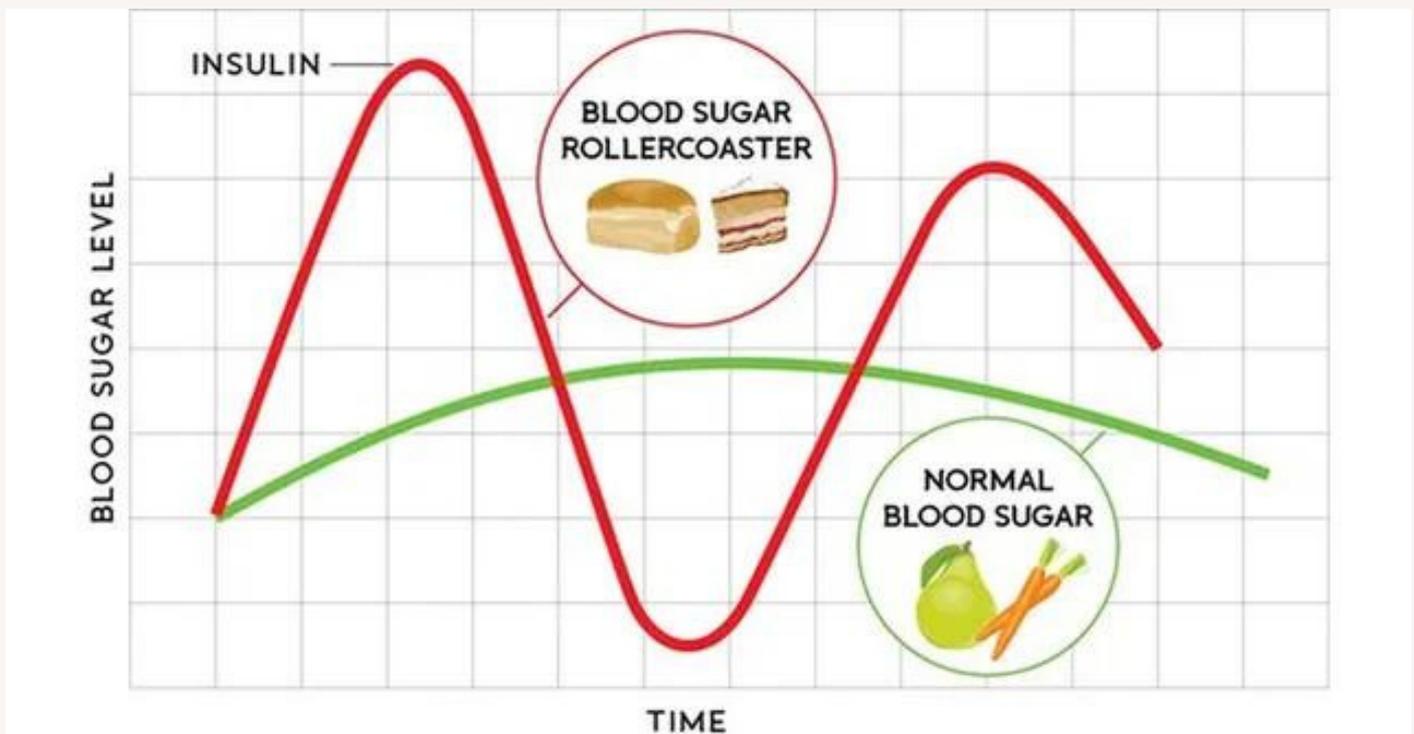
Eating the right things can help you to maintain and stabilise your blood sugar levels:

- Protein such as chicken, turkey, lentils or beans!
- Vegetables especially the green ones such as broccoli, spinach & other veggies like carrots!
- Carbs such as brown rice or quinoa!
- Fats such as avocado or nuts/seeds!



# What is going on with our blood sugar when we eat:

As you can see here in the diagram below when we eat foods that are processed, contain trans fats and are very high in sugar this can lead us to have our blood sugar go up and down constantly throughout the day. This is what you don't want as it will cause regular blood sugar spikes!

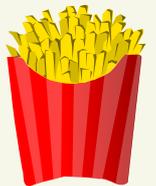


As you can see in the diagram above when we eat regularly and have a healthy balance it maintains our blood sugar throughout the day this means we don't get any blood sugar spikes! Eating balanced meals that contain protein, fats and carbs are all going to help us to maintain a healthy blood sugar.

## Foods that can cause high blood sugar levels:

The following can cause a person's blood sugar and insulin levels to spike:

- sugary drinks, such as soda, juices, and sports drinks
- processed foods and baked goods, which often contain trans fats
- white rice, bread, and pasta
- breakfast cereals with added sugar
- yogurts with added sugar
- honey and maple syrup
- flavored, sugary coffee drinks
- French fries



When you have stable insulin and blood sugar you will:

- Have an improved mood
- Reduced fatigue
- Improved brain and blood vessel health

By eating a balanced diet filled with whole grains, vegetables, legumes, lean protein, nuts, and seeds, a person can better control their blood sugar and insulin levels.

## Why you shouldn't skip meals:

Skipping meals can lead to overeating, which can cause an increase in weight.

Skipping meals could potentially push your blood glucose higher.

When you don't eat for several hours because of sleep or other reasons, your body fuels itself on glucose released from the liver.

Low-carb diets are not balanced and will deprive your body of needed fibre, vitamins, and minerals! The result: poor energy and severe headaches.



# The Eat Well Guide

It is much better to rely on the eat well guide which provides an outline of all foods that make up a healthy, balanced lifestyle. A bit of everything is a great way to eat well, prevent restriction & also how to eat within moderation!



This is also to be taken with guidance as every person has different calorific needs! Don't just assume men need 2,500 and women need 2,000 most of the time this advice is incorrect.

**Finally...**

**You are probably starting to realise just how nutrition & exercise plays a massive role in everything that relates back to our health.**

**Our health is our wealth! Without your health you have nothing, that's why it's important to have it at the most optimum level so you can do everything you want to do in life!**

**Even when you don't have motivation to workout think about your health and how it is always going to benefit your health & well being!**

**I hope you find this guide useful and it helps you understand more about your blood sugar, cravings and why a balanced lifestyle plays a role!**