# The Role of Nutrition in Blood Sugar Control

If your bloodwork results show elevated glucose levels, you must immediately change your diet and lifestyle. Eating too much sugar in your diet leads to the onset of health problems later in life. Failing to pay attention to your elevated blood sugar levels could mean you end up diabetic.

This post looks at the role of nutrition in blood sugar control.

## Understanding Insulin Sensitivity and Blood Sugar

When we eat something sugary, the elevation in blood sugar levels causes the pancreas to secrete insulin to cleanse the blood and restore neutral blood sugar levels. Everyone has this ability, but persistently eating sugary foods keeps your blood sugar constantly elevated.

As a result, the pancreas loses its insulin sensitivity and becomes insulin resistant. That means it secretes less insulin, and you start to experience the symptoms of diabetes. You need to enhance insulin sensitivity and drop insulin resistance to improve your blood sugar levels.

## Why You Need to Eat Less Sugar in Your Diet

We all eat too much sugar in our diet, and it’s not good for our health. Refined, fast-acting carbs like sugar have links to studies on cardiovascular disease. Eating too much sugar not only increases your blood sugar levels.

It also increases levels of inflammation in the digestive system that pass through the intestinal wall and spread systemically throughout the body. Increased levels of systemic inflammation lead to an increased risk of developing chronic diseases like diabetes and digestive disorders.

## What Happens If You’re Prediabetic?

Prediabetic individuals are at high risk of their condition evolving into diabetes type 2. The good news is that it’s not too late to bring yourself back from the brink of ill health. With the right nutrition plan, a prediabetic individual can reduce their blood sugar levels to normal.

However, it’s not easy to achieve this feat, and it may require up to 6-months for the change to unfold. You’ll need to make big changes to the foods you eat and what you drink. It’s beneficial to run a fast at least one day a week during your progression to a better blood sugar profile.

Running intermittent fasting strategies during the day limits your food intake to a four to six-hour window. Fasting for the duration of the day and night fast-tracks your body’s restoration of normal blood sugar metabolism.

Add glucose-inhibiting supplements and blood sugar cleansers to the mix, and your nutrient needs are solved. Adding lifestyle changes like exercise can dramatically improve and fast-track your results.