

Prevention of High Blood Sugar (Hyperglycemia)

High blood sugar happens when glucose builds up in the bloodstream. Preventing it is key to protecting your heart, kidneys, nerves, and long-term health.

What Causes High Blood Sugar?

Not enough insulin or insulin resistance
Eating large amounts of refined carbs or sugary foods
Physical inactivity
Illness, stress, or certain medications
Skipping diabetes medications (if prescribed)



Warning Signs of High Blood Sugar

Increased thirst
Frequent urination
Blurry vision
Fatigue
Headaches
Slow-healing wounds
If symptoms persist or worsen, contact a healthcare professional.



Daily Habits That Help Prevent High Blood Sugar

1. Balanced Eating

Choose **whole grains** instead of refined carbs.
Fill half your plate with **non-starchy vegetables**.
Include lean proteins like chicken, fish, tofu, or beans.
Limit sugary drinks, pastries, white bread, and candy.
Eat consistent meals to avoid spikes.

2. Smart Carbohydrate Management

Learn **carb counting** if recommended.
Pair carbs with protein or healthy fats to slow glucose rise.
Choose high-fiber foods to improve blood sugar control.

3. Regular Physical Activity

Aim for **150 minutes per week** of moderate exercise (walking, cycling, swimming).
Add strength training 2–3 times weekly.
Even a **10-minute walk after meals** helps lower blood sugar.

4. Weight Management

Losing even **5–10% of body weight** can improve insulin sensitivity.
Focus on sustainable habits, not extreme diets.

5. Hydration

Drink water regularly.
Avoid sugary drinks like soda, sweet tea, and energy drinks.

6. Stress Reduction

Practice **deep breathing**, stretching, meditation, or prayer.
Chronic stress raises blood sugar through hormone changes.

7. Sleep

Aim for **7–9 hours** nightly.
Poor sleep increases insulin resistance.

8. Medication & Monitoring (If Applicable)

Take diabetes medications exactly as prescribed.
Monitor blood sugar as recommended.
Keep a log to spot patterns.

Quick Takeaway

Preventing high blood sugar is about **consistent daily habits**: balanced eating, regular movement, stress control, hydration, and monitoring. Small changes add up to big protection for your long-term health.