



# Tips for reducing blood sugar levels and avoiding sudden drops in blood sugar

## Description

Are you experiencing sugar crashes after indulging in dessert on an empty stomach? If so, you're not alone. These crashes can leave you feeling tired, irritable, and shaky due to a sudden drop in blood sugar levels caused by an influx of sugar in your system.

For those with diabetes, monitoring blood sugar levels is a constant necessity. Dr. Dariush Mozaffarian explains that individuals with type 2 diabetes struggle with insulin resistance, leading to high blood glucose levels and tissue starvation. Even those without diabetes should be cautious of frequent blood sugar spikes, which can result in brain fog and hunger pains.

Regularly poor eating habits can lead to long-term health issues like cardiovascular and kidney problems. It's crucial to manage blood sugar levels by consuming fiber-rich foods, healthy fats, proteins, and carbs from sources like plant oils, fish, and yogurt. Additionally, maintaining a healthy weight and exercising regularly can help maximize insulin sensitivity and keep blood sugar levels stable.

It's essential to be mindful of what we eat to avoid the negative impacts of excessive sugar consumption. By making conscious choices about our diets and embracing foods that support healthy blood sugar management, we can safeguard our overall well-being. If you're looking to lower your blood sugar levels and improve your health, making informed decisions about your diet is a great place to start.

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## Vocabulary List:

1. **Influx** // (noun): An arrival or entry of large numbers of people or things.
2. **Insulin** // (noun): A hormone produced by the pancreas that regulates blood sugar levels.
3. **Sensitivity** // (noun): The ability to detect or respond to slight changes or influences.
4. **Stability** // (noun): The state of being resistant to change and not easily disturbed.
5. **Well-being** // (noun): The state of being comfortable, healthy, or happy.
6. **Conscious** // (adjective): Aware of and responding to one's surroundings.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which term describes a significant change or transformation in a particular field?  
Option: Revolutionizing  
Option: Arthritis  
Option: Inflammatory  
Option: Euphoria
2. What term refers to the degree to which a substance can damage an organism?  
Option: Benefit  
Option: Antioxidants  
Option: Toxicity  
Option: Sensitivity
3. What is the term for intense desires for a particular type of food?  
Option: Cravings  
Option: Influx  
Option: Insulin  
Option: Stimulates
4. Which term relates to the treatment or healing of a disease or condition?  
Option: Innovative  
Option: Stability



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Option: Therapeutic  
Option: Conscious

5. What word is used to describe something that brings about a significant and fundamental change?

Option: Innovative  
Option: Revolutionizing  
Option: Influx  
Option: Recommend

6. Which term describes a biological response to harmful stimuli such as pathogens or damaged cells?

Option: Euphoria  
Option: Arthritis  
Option: Inflammatory  
Option: Regulates

7. What hormone is responsible for regulating blood sugar levels in the body?

Option: Insulin  
Option: Sensitivity  
Option: Stability  
Option: Nutrients

8. Which term refers to the excessive or unnecessary use of something?

Option: Benefits  
Option: Antioxidants  
Option: Overuse  
Option: Resistant

9. What term describes the susceptibility of an organism to react to certain factors?

Option: Infectious  
Option: Stability  
Option: Sensitivity  
Option: Well-being

10. Which term relates to being aware of and able to think about and control one's actions?

Option: Toxicity  
Option: Conscious  
Option: Reassured  
Option: Traces

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**



11. The company prides itself on its \_\_\_\_\_ approach to product development.
12. Regular exercise can contribute to overall health and \_\_\_\_\_.
13. The endocrine system \_\_\_\_\_ hormone levels in the body.
14. By practicing mindfulness one can become more \_\_\_\_\_ of their thoughts and emotions.
15. Understanding your food \_\_\_\_\_ can help you make healthier choices.
16. People with diabetes may require regular injections of \_\_\_\_\_ to manage their blood sugar.
17. Health experts \_\_\_\_\_ incorporating more fruits and vegetables into your diet.
18. Exercise \_\_\_\_\_ the release of endorphins which can improve mood.
19. Some people find gardening to be a \_\_\_\_\_ and stress-relieving activity.
20. Exposure to high levels of certain chemicals can lead to toxicity and adverse health effects.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Regular exercise has numerous positive effects on overall health and well-being.
22. Fruits and vegetables are rich in compounds that help combat oxidative stress in the body.
23. The sudden surge in demand for a specific product became a surprising economic phenomenon.
24. The winning team celebrated with a sense of euphoria and joy.
25. The city experienced an influx of tourists during the holiday season.
26. Health authorities monitored the recent outbreak of a contagious virus.
27. Scientists studied the effects of various pathogenic bacteria on human health.
28. Doctors and nutritionists recommended a balanced diet for optimal health.



29. Certain bacteria have become increasingly resistant to antibiotics over time.

30. Being environmentally conscious involves making choices that minimize negative impact on the planet.

## Answer

**Multiple Choice:** 1. Revolutionizing 2. Toxicity 3. Cravings 4. Therapeutic 5. Revolutionizing 6. Inflammatory 7. Insulin 8. Overuse 9. Sensitivity 10. Conscious

**Gap-Fill:** 11. innovative 12. stability 13. regulates 14. conscious 15. cravings 16. insulin 17. recommend 18. stimulates 19. therapeutic 20. toxicity

**Matching sentence:** 1. benefit 2. antioxidants 3. phenomenon 4. euphoria 5. influx 6. outbreak 7. pathogenic 8. recommended 9. resistant 10. conscious

## CATEGORY

1. Health - LEVEL6

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