



## Dr Sarah's Blood Sugar Management Tips

### 1) Eat bigger volumes of low carb vegetables:

This fills you up, stabilises blood sugars and has lots of healthy nutrients and fibre to support the microbiome. I find the most palatable way to do this is to eat finely chopped veggies and make sure to add lots of flavour with spices, herbs and dressings. The benefits of the larger surface area with finely chopped veggies are quicker cooking time (great if you're hungry and stops you reaching for other snacks), and more flavour from added spices and dressings / marinades. Ways I enjoy quick veggies include:

#### Ginger Stir Fries:

Personally, I'll eat ginger veg for any meal (amazing at breakfast with a poached egg), and surprisingly, it's the only way my kids will eat cruciferous veggies (without considerable coaxing). The way I prepare them tastes a little reminiscent of crispy 'seaweed' from my memory of Chinese restaurants (before I realised I couldn't eat soy).

Finely chop spring greens / cabbage / kale with added fresh ginger, sea salt and black pepper (or the shredded Ginger in jars is also good). Stir fry with lots of coconut oil and teeny bit of maple syrup or a little lemon juice or chilli according to taste. If you are soy-free (like my family), adding coconut amino's also works really well for the Umami flavour (take care if histamine sensitive!): [Organic coconut amino's](#)

We get organic fresh ginger from Riverford with our Veg box, but other options for organic ginger with no need for chopping are here: [Ginger Party Organic Ginger products](#)

The Ginger can be spiced up with some garlic and lime and you can add lots of other veggies (onions, leeks, peppers, beansprouts, water chestnuts, mushrooms and carrots sliced finely (I put mine through the veg peeler).

Adding protein will make a hearty meal and meat, fish, eggs or perhaps a handful of cashew nuts all go well with the ginger. We like to make thin omelettes and cut them into strips as a quick and handy protein source.

#### Courgetti:

A spiralizer really helps to get the most for your courgettes and the long strips can be eaten raw in salads or quickly stir-fried to resemble pasta. I just have a cheap, hand-held spiralizer, which seems to work well (just don't try to clean it with your fingers near the blades):

[HOMPO Spiralizer](#)

Courgette noodles tend to be a little flavourless so stir fry with a 'free from' pesto (make your own if you have time), or add to a salad and dress with a flavourful dressing. There are lots of pesto recipe's online and you can grow-your own basil or wild garlic to create an organic version at home:

[Dairy Free Pesto Recipe](#)

[Wild Garlic Pesto](#)

Many store-bought 'Free from' Pesto's have soy in (although the one from Asda is soy free at a pinch). However, you can find beautiful organic Pesto's online or in your local health food store. Eg: [Seggiano Basil Pesto](#)

#### Vegetable 'Rice':

Cruciferous vegetable 'rice' can be made using a food processor with a chopping blade. Broccoli and cauliflower work really well – but I have been known to add carrot or kale too. Stick roughly chopped vegetable chunks in food processor and blend to 'rice' size. Stir fry / steam fry with lots of spices, coconut oil and turmeric. Serve with a favourite curry or Dahl for a great quick meal.

If you are feeling adventurous, you can also use the cauliflower rice to make pizza crust, tabbouleh and sushi! <https://www.eatingbirdfood.com/ways-to-use-cauliflower-rice/>

## **Coleslaw / Raw veg sticks:**

If you're not keen on mayo then try alternative dressings with ginger and tahini or avocado. The benefits of eating veggies raw is that they are digested more slowly and will keep you full up for longer.

[Ginger and Tahini slaw](#)

[Avocado Mayo](#)

Try adding interesting things like beetroot or pomegranate seeds or a little apple to your 'slaw'. Cabbage is a great bulking agent and can be served with practically anything (or eaten on its own with enough dressing).

Add crunchy salad sticks to tahini or almond butter, home-made hummus or guacamole. There's no need for veg to be boring – it's just getting into the habit of making them interesting and appealing. If you are trying to reduce carbs further or if beans don't agree with you, then artichoke Hummus is a great low carb substitute:

[Artichoke Hummus](#)

## **2) Prepare in advance:**

Make soups or stews and freeze in portions for when needed / when hungry. This will help to reduce the temptation to snack.

If you have space in the fridge, try chopping some of your veg when you have more time (up to 1-2 days ahead), and seal in glass containers in the fridge. Spiralize courgettes, finely chop peppers and leeks and maybe even make up some cauliflower rice (not too far ahead as the sulphur levels increase rapidly once the plant is damaged). This means that when you're hungry, you can just tip the veg into a pan, add some oil and spices and eat when you're hungry.

Root veggies such as carrots, beetroot and sweet potato (as well as squashes), can also be eaten in moderation and make a more nutrient-dense, lower carb alternative to white potatoes. We enjoy home-made burgers with a big mixed salad and just a few sweet potato wedges on the side.

## **3) Be inventive:**

Keeping up variety will help interest in the healthier foods and keep you away from the crisps and other snacks.

Try steaming green beans lightly then finish them off in a frying pan with some chopped nuts, a spoonful of honey and some lemon juice. Or add tamari if you still eat soy.

Add interesting stuff to salads (artichoke hearts, seeds, nuts, fruit, pomegranate seeds and chopped fresh herbs).

Make great dressings and chop salads finely so they hold more dressing and flavour. A couple of olives and half an avocado can make a big difference.

It's important that when you're hungry you do eat – but choose well.

## **4) Bread and snack replacements:**

If you need bread and snacks, then you can spend lots of money at Planet Organics. There is an amazing array of great options, but these foods are too expensive (and too processed), for everyday use and should still be treated as 'treats'. The Keto8 collection is amazing and really tasty and can be found here: <https://www.planetorganic.com/collections/keto-shop>

Alternatively, you can learn to cook your own versions (never as good but still better than high carb, shop-bought GF rubbish). These do need specialist ingredients but are worth it: <https://ketobreads.net>

Alternatively, try Dr Myhill's Linseed bread (we add caraway or fennel seeds to ours and make it into little buns). I actually really like this bread and freeze small batches:

<https://www.hammersmithbooks.co.uk/2017/10/05/pk-cookbook-pk-bread-recipe/>



**Keto snacks:**

To enjoy something sweet while keeping blood sugar stable, try lemon / raspberry or cacao-based fat bombs (I make them with Xylitol or erythritol), or try 'mug cakes'. The cakes take only moments to prepare – have a look online and see if you can tolerate the almond / coconut flour.

If you are histamine intolerant, then keep away from the chocolate versions:

<https://kirbiecravings.com/keto-lemon-mug-cake/>

<https://www.allrecipes.com/recipe/261820/vegan-keto-lemon-fat-bombs/>

These will still have a lot of calories – but no sugar so the bingeing is reduced and you fill up quickly. However, if that is your aim, you will not lose weight if you eat lots of coconut cream AND carbs together (I have tried).

Coconut milk is really helpful with the fat bombs and can also just be added to fresh berry fruits (with a little sugar replacement if needed). I like the Grace coconut milk in 1L cartons (especially helpful for added fat on a keto diet): [Grace coconut milk](#)

