

High

Bloodsugar.info

Creative Director

High Blood Sugar

Diabetology and Cardiovascular
Medicine.

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Morning

Breakfast should be finished between 7-8 in the morning.
Breakfast should be by 9 am. It must always be noticed.

For breakfast, you can have **Wheat bread / chira / Khai / muri/oats** whatever you like. Add a vegetarian and an egg.

Mid-morning

From **10.00 am to 11.00 am** you can pick any fruit of your choice. If it is a **sweet fruit, eat 1/2 cup**. You can eat a guava, apple, blueberry, and pear in quantity.

Lunch

At lunch, you should include adequate amounts of **fiber-rich rice, omega-3 rich fish or chicken, vegetables, salads, and lemons** in your diet. Lunch should be eaten between **1.00 and 2.00**.

Afternoon

In the afternoon snack, you can have **soup, lentils, biscuits without sugar, cake without sweets, nuts, tea without sugar and milk, etc.**

Dinner

At night you can take **wheat bread or fiber-rich rice or oats of your choice and quantity. Omega-3 rich fish/chicken, vegetables, salads, lemons, etc.** should be included in the dinner list. But you have to finish dinner between **8 and 8:30**.

Before going to bed: You should drink a **cup of milk** one hour before going to bed at night. it is better to consume milk without cream. If you have a problem with milk, you can take **sour yogurt or curdled milk** in moderation.