

4 Things That Could Affect your glucose

If you have prediabetes, certain foods and lifestyle habits can cause your glucose to rise more quickly than others. The good news? Small adjustments can make a big difference. You don't have to make a complete flip to your lifestyle to help your body manage glucose more effectively!

REFINED CARBS

Some refined carbs are digested and absorbed fairly quickly, which can cause glucose to rise more rapidly. Examples include white bread, sugary cereals, and many refined grain products.

Tip: Pair carbs with protein, fat, and/or fiber to help slow the rise in glucose. Like apple + peanut butter or whole wheat crackers + cheese.

ADDED SUGARS

Foods and drinks high in added sugar can raise glucose quickly, especially when they're low in fiber, protein, or fat. **Simple swaps:**

- Greek yogurt + berries instead of flavored yogurt
- Plain oatmeal + unsweetened peanut butter instead of sweetened oatmeal
- Sparkling water instead of soda

POOR SLEEP

Getting too little or poor-quality sleep can temporarily reduce insulin sensitivity, making it harder for your body to regulate glucose.

Signs sleep may affect glucose:

- Waking up frequently
- Getting less sleep than your body needs
- Feeling exhausted during the day

Helpful habits:

- Keep a consistent bedtime
- Limit screens before bed
- Avoid heavy meals late at night

STRESS

Stress hormones can signal your liver to release more glucose into the bloodstream.

Common stress triggers:

- Work demands
- Poor sleep
- Overloaded schedules

Ways to help manage stress:

- Short walks
- Deep breathing
- Journaling
- Light exercise

The goal isn't perfect glucose levels.

Your glucose naturally rises and falls throughout the day. Instead of trying to avoid every rise, focus on patterns you can realistically improve over time.

Sources & additional reading:

American Diabetes Association, Standards of Care in Diabetes—2026

National Institute of Diabetes and Digestive and Kidney Diseases, Healthy Living with Diabetes

This information is for educational purposes and isn't a substitute for individualized medical or nutrition advice.