

# Blood Sugar Hacks Cheat Sheet for Midlife Women



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CHECKLIST

*Fluctuations in blood glucose can significantly affect mood, leading to irritability, anxiety, fatigue, and even depression. This short guide provides practical tools and lifestyle strategies to help you stabilize your blood sugar, support metabolic health, and enhance your mood for lasting mental and physical vitality.*

## 1. Eat Protein First

- Start meals with 20-30g of protein to slow glucose spikes and enhance satiety.
- Include protein consistently throughout the day to help maintain steady energy and blood sugar. Backed by: [Donald Layman's Research](#)



## 2. Don't Drink Sugar (or Eat it Alone)

- Avoid fruit juice, soda, or sweets on an empty stomach. Pair sweets with fat or fiber.

Backed by: [How Mixed Macronutrient Meals Impact Glucose Control](#)



## 3. Apple Cider Vinegar & Ceylon Cinnamon

- 1 tbsp of apple cider vinegar in water before meals can reduce post-meal blood sugar spikes by up to 20%

Backed by: [Diabetes Care Journal](#).

- $\frac{1}{2}$  to 1 tsp of Ceylon cinnamon daily may improve insulin sensitivity and help reduce fasting blood sugar.

Backed by: [Understanding the Different Cinnamons](#)



#### 4. Walk After Meals

- A 10-15 minute walk post-meal helps shuttle glucose into muscles.

Backed by: [Journal of Physiological Anthropology](#)



#### 5. Eat Whole, High-Fiber Foods

- Enjoy more foods that slow digestion: leafy greens, chia, lentils, berries.

Reviewed in [Clinical Nutrition confirms dietary fiber improves glycemic control and insulin sensitivity.](#)



#### 6. Use the “Clothing Strategy”

- “Dress” your carbs: Always add protein, fat, and/or fiber to naked carbs (e.g. toast with avocado + egg).

Concept from: [Glucose Goddess method.](#)



#### 7. Sync Meals with Circadian Rhythms

- Eat your largest meal earlier in the day, avoid late-night snacking.

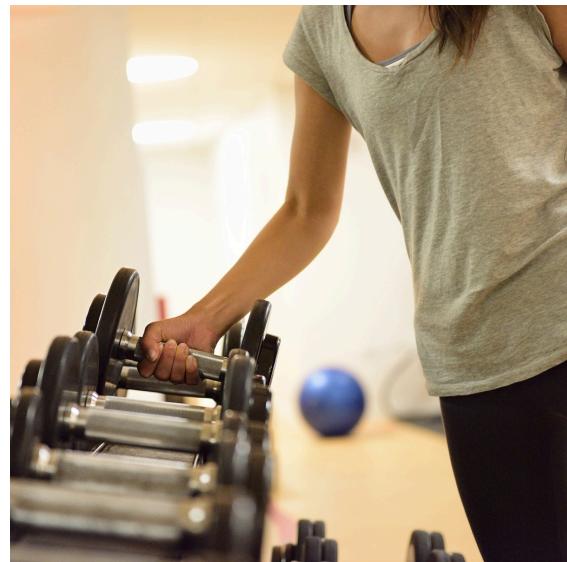
Backed by: [Cell Metabolism – Early Eating Improves Glucose Tolerance.](#)



## 8. Prioritize Strength Training & Sleep

- Skeletal muscle is an endocrine organ and plays a role in glucose homeostasis.
- Muscle improves insulin sensitivity.
- Poor sleep raises fasting glucose/makes you more insulin resistant.

Backed by: [Huberman Lab + Sleep Research](#)



## 9. Manage Stress & Cortisol Levels

- Chronic stress raises blood sugar via cortisol.
- Mindfulness, breath-work, and parasympathetic activation can support regulation. Relevant for menopausal women with adrenal shifts.

Backed by: [Today's Dietician](#)



## 10. Track Symptoms Not Numbers

*Rather than obsess over tracking, tune into energy, hunger, mood, and cravings.*

Try using:

[Mindful Eating Self Assessment](#)

[Hunger & Fullness Scale](#) to help you stay in touch with your body's signals.....





***The challenges of aging and perimenopause are undeniable. Yet, the power of a balanced diet, better balancing your blood sugar, and an active lifestyle offers a healthier heart, better quality of life, and may even help alleviate symptoms. Your daily choices in nutrition, sleep, stress management, and movement support you during this phase and set the foundation for lasting health.***

