

HOW TO BATTLE REACTIVE HYPOGLYCEMIA

THROUGH DIET



Eat frequently



Include protein
and fat



Consume
enough fiber



Eat complex
carbohydrates



Avoid foods
with high GI



Eliminate alcohol
and caffeine



Limit fruit
consumption



Eat mindfully



Make a food
journal



Plan your meal



Always have
breakfast



Relax and enjoy
your diet

THROUGH LIFESTYLE



Preventing Reactive Hypoglycemia

G Psacharopoulos



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