

The Importance of Frequent Meals to Control Blood Sugar

Diabetes is caused by an imbalance of sugar levels in the body. If the fluctuations in sugar balance are not controlled, it can lead to serious health complications such as stroke, kidney damage, blindness, and even death of the individual.

Recent studies, however, indicate that if you're cautious of what you eat, when you eat, and the quantity of what you eat, you can regulate your blood sugar naturally. And this does not apply to diabetics only.

So how often should you eat to control your blood sugar?

Nutritionists/medical professionals recommend having 5 smaller portions of healthy foods at a set time every day. Ideally, you should plan your meals at a 4-5hours interval. Eat more for breakfast and lunch since your body needs energy to carry on with the day's activities and eat less for dinner. In between these meals, you can take a low-calorie snack.

Consuming smaller but frequent meals is important because:

- Regular foods rich in fiber help keep your daily calorie count in check as they slow the absorption rate, and thus decreasing hunger and the possibility of overeating.
- Taking smaller portions of healthy meals can result in weight/ body fat loss. This is beneficial especially if you are suffering from type 2 diabetes because the pancreas will be able to produce enough insulin to the body to regulate blood sugar. In early cases of diabetes, weight loss can be sufficient to normalize blood sugar.
- Taking meals frequently provides the body with nutrients that help the body function properly.
- An individual consuming a balanced diet develops a stronger Immune system which helps in controlling diseases. Taking smaller meals frequently will ensure that an individual has enough energy for metabolic activities and growth of organs which means that the body is able to control blood sugar itself with medication.

