SelfDecode™

Postprandial Glucose

Biohacker Report

REPORT CATEGORY —

BLOOD SUGAR CONTROL

Sample Client

Report date: 15 January 2026

Powered by omicsedge

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Personal information

NAME

Sample Client

SEX AT BIRTH

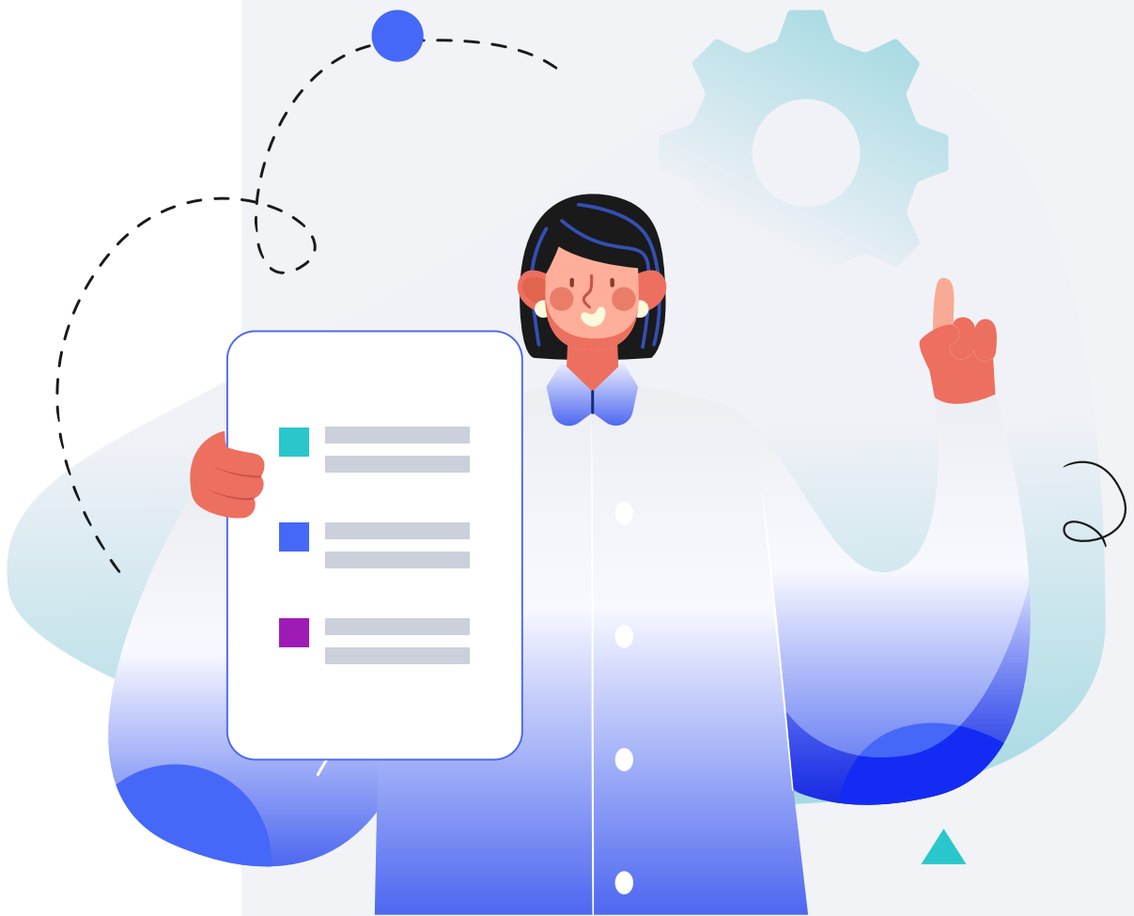
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

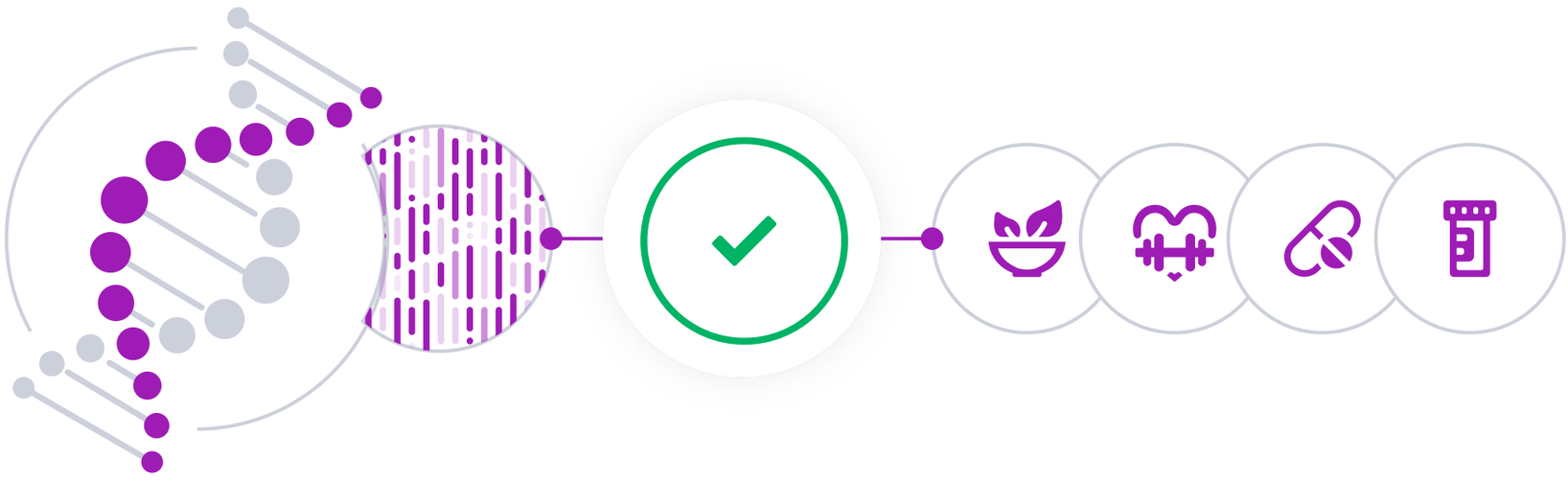


DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

How this works

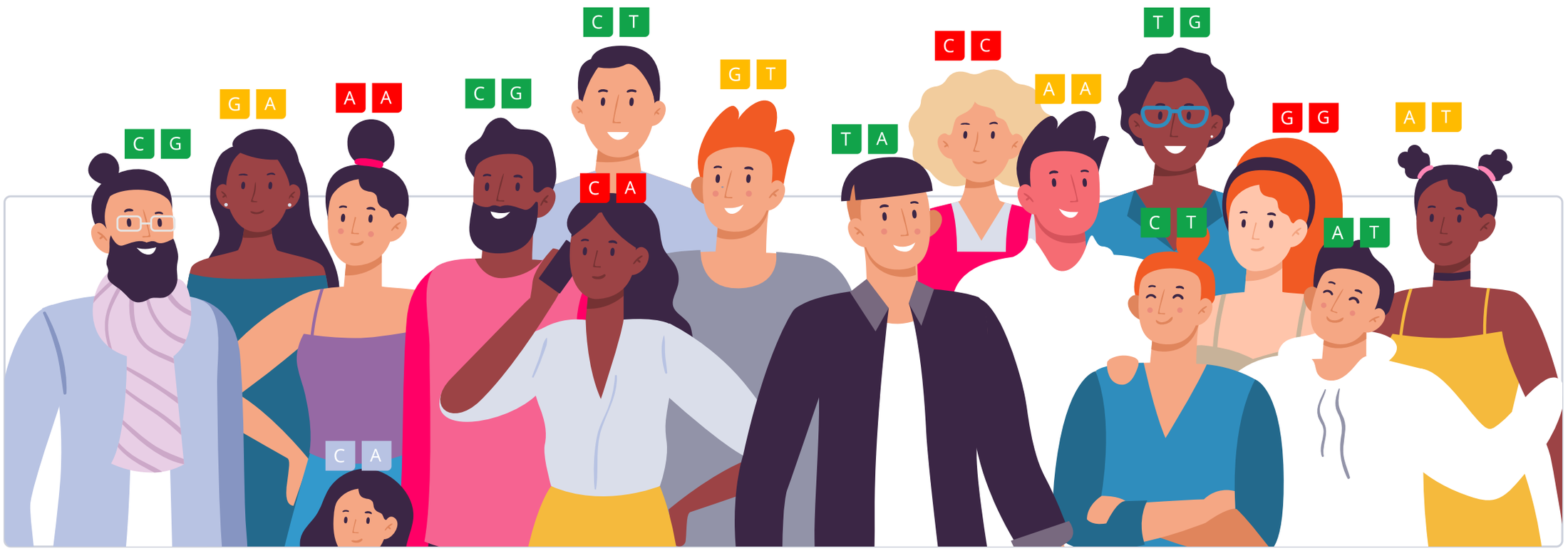
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.

Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

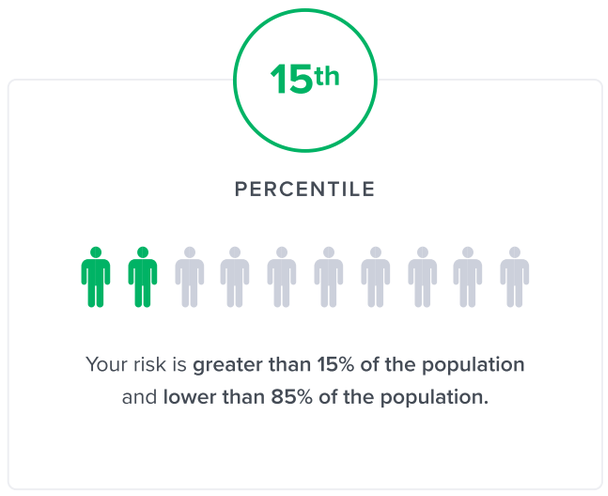
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:

Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):

Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, afew large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Postprandial glucose relates to the concentration of glucose in the blood after eating a meal. Typically, blood glucose levels rise as the food consumed is digested and absorbed into the bloodstream, usually reaching a peak about an hour after eating.

This spike is a normal physiological response as carbohydrates from food are broken down into simple sugars, including glucose, which serves as a primary energy source for the body's cells. The body's ability to manage this post-meal increase in blood sugar levels is an important marker for metabolic health, with insulin produced by the pancreas playing a crucial role in regulating these glucose levels.

Postprandial Hyperglycemia

The postprandial glucose test measures how effectively the body's insulin response manages the spike in blood glucose after eating. In healthy individuals, insulin ensures that cells can absorb the glucose and either use it for energy or store it appropriately, thereby returning blood sugar levels to their normal range within a couple of hours.

However, if the body cannot respond to insulin properly, as in the case of insulin resistance or in diabetes, blood sugar levels remain elevated longer than they should. This sustained high level of blood sugar, or hyperglycemia, if left unchecked, can lead to a variety of chronic health issues, including nerve damage, kidney disease, and cardiovascular problems.

LOWER LEVELS

Likely lower postprandial glucose levels based on 374 genetic variants we looked at

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

		DOSAGE
1	Aerobic Exercise (Cardio)	1 hour
2	Yoga	30 minutes
3	White Kidney Bean Extract	500 mg
4	American Ginseng	200 mg
5	Berberine	1000 mg
6	Magnesium	350 mg
7	Mango	
8	Apples	
9	Circadian Rhythm Alignment	
10	Ecklonia Cava	100 mg
11	Guar Gum	5 g
12	Lemon Juice	
13	Lactobacillus Plantarum	10 billion CFU
14	Raspberries	
15	Walking	30 minutes
16	Vinegar	
17	Oat Bran	
18	Ginger	500 mg
19	Spirulina	500 mg
20	Whey Protein	25 g
21	Aloe Vera	50 mg
22	Avoid Sugary Foods & Drinks	
23	Berries	
24	Inulin	5 g
25	Salacia	240 mg
26	Extra Virgin Olive Oil (EVOO)	
27	Eat Fiber-Rich Foods	
28	Avoid Large Meals	
29	Whole Grains	
30	Intermittent Fasting	
31	Exercise At Least One Hour a Day	1 hour
32	Vitamin K2	100 mcg

33	Strength Training	1 hour	34	Oats	
35	Resistant Starch	40 g	36	Psyllium	5 g
37	Apple Cider Vinegar		38	Probiotics	30 billion CFU
39	Barley		40	Legumes	
41	Eat More Protein and Less Carbs		42	Cinnamon	1 g
43	Green Tea Extract	250 mg			

1

Aerobic Exercise (Cardio)

IMPACT 4 / 5

EVIDENCE 4 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Exercise is a great way to control blood sugar levels. When you exercise, your muscles use up sugar for energy. Exercise also makes your cells more sensitive to insulin [R, R, R, R, R].

A single bout of aerobic exercise may lower postprandial glucose in healthy adults. Regular exercise (both aerobic and resistance training) may also lower postprandial glucose in people with or at risk of type 2 diabetes [R, R, R].

Aerobic exercise may also lower postprandial glucose in women with gestational diabetes [R, R].

All health experts recommend exercise to reduce blood sugar levels. However, you may need to combine it with diet for optimal results [R, R, R, R, R].

2

Yoga

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

Yoga combines breathing, stretching, and relaxation techniques. Practicing yoga may help [R, R, R]:

- Reduce stress
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress releases chemicals that are linked to high blood sugar levels. **Stress from work and trauma in particular may increase blood sugar** [R, R, R, R, R, R].

Practicing yoga may lower postprandial glucose by 18.50-25.59 mg/dL [R, R].

3

White Kidney Bean Extract

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take a supplement containing 500 to 1500 mg of white kidney bean extract before meals containing carbohydrates, once to twice daily. It's advisable to start with the lower dose to assess tolerance and gradually increase to the desired dose as directed on the product label or by a healthcare provider.

TYPICAL STARTING DOSE

500 mg

Description

White kidney bean extract contains compounds that inhibit the digestion of carbohydrates, potentially supporting weight management by reducing the absorption of calories from starchy foods.

White kidney bean is a variety of the common bean (*Phaseolus vulgaris*), which is native to South America. People use the extract of white kidney bean to [R, R, R, R]:

- Decrease appetite
- Support weight loss

How it helps

The withe kidney bean extract Beanblock, taken with a meal after a 12-hour fast, reduced appetite, production of the hunger hormone ghrelin, and postprandial glucose and insulin in a small trial of 12 healthy participants [R].

In a small clinical trial of 18 people, those who took 1,500 mg and 750 mg of another white kidney bean extract (Phase 2) with their meal absorbed 1/3 and 2/3 of the carbohydrates, respectively, compared to the control group. However, only a high dose (3,000 mg) of Phase 2 reduced blood sugar levels following a meal in another trial of 13 people [R, R].

Purified white kidney bean α-amylase blocker reduced postprandial glucose and insulin in a small trial of 8 non-insulin-dependent diabetics [R].

Finally, a combination of bean and artichoke extracts taken for 2 months reduced appetite and postprandial glucose in a clinical trial of 39 overweight people [R].

White kidney bean extract contains substances that can block the enzyme that breaks down starches into glucose (α-amylase).

4

American Ginseng

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 200-400 mg of American ginseng extract daily, preferably with a meal to enhance absorption. This regimen can be followed continuously for up to 12 weeks, after which a break or reassessment of the need to continue should be considered.

TYPICAL STARTING DOSE

200 mg

Description

American ginseng is a perennial herb native to North America, particularly regions of the United States and Canada. It is valued for its potential health benefits, including immune system support, stress reduction, and enhanced cognitive function, with the primary active compounds being ginsenosides.

Ginseng is a plant people use to improve [R, R, R, R]:

- Sexual function
- Immunity
- Fatigue
- Attention

There are many different types of ginseng. The most common ones are [R, R, R]:

- Korean red ginseng, also called Asian ginseng (*Panax ginseng*)
- American ginseng (*Panax quinquefolius*)
- Chinese notoginseng, also called Sanchi (*Panax notoginseng*)

How it helps

In 4 placebo-controlled trials of 45 healthy volunteers, American ginseng (1-9 g) reduced postprandial glycemia. The effects were time-dependent (highest when administered 40 minutes before the glucose tolerance test) but not dose-dependent (3-9 g were equally effective) [R, R, R, R].

However, American ginseng (6 g) had no effect on postprandial glucose in a placebo-controlled trial of 12 healthy volunteers [R].

American ginseng (3 g) also reduced postprandial glycemia regardless of administration time in 2 placebo-controlled trials of 19 patients with type 2 diabetes [R, R].

5

Berberine

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take 500 mg of berberine two times a day before meals. Continue this regimen for up to three months, then evaluate its effects with your healthcare provider.

TYPICAL STARTING DOSE

1000 mg

Description

Berberine is a compound found in certain plants, known for its potential to support blood sugar control and heart health.

Berberine is an active compound of some plants used in traditional medicine, such as [R]:

- European barberry
- Oregon grape
- Goldenseal
- Chinese goldthread
- Tree turmeric

Berberine is also available as a supplement. People use it to help with [R, R, R]:

- Diabetes
- High cholesterol
- High blood pressure
- PCOS

How it helps

A meta-analysis of 20 studies and 1761 participants concluded that supplementation with berberine lowers 2-h postprandial glucose (by 1.81 mmol/L) [R].

Berberine may help by improving insulin sensitivity and glucose breakdown.

6

Magnesium

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

Magnesium is an essential mineral. Your body needs it for [R, R, R]:

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [R].

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [R].

How it helps

Compared with placebo, magnesium supplementation reduced fasting plasma glucose in people with diabetes. In people at high risk of diabetes, magnesium significantly improved plasma glucose per se, and after a 2 h oral glucose tolerance test [R].

Magnesium treatment decreased fasting plasma glucose in another placebo-controlled trial of individuals with diabetes. Additionally, it improved glucose levels in those at high diabetes risk during an oral glucose tolerance test [R].

Magnesium may improve insulin sensitivity and lower fasting glucose levels.

7

Mango

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate fresh mango into your diet 2-3 times a week, either as a snack or part of a meal. Opt for ripe mangoes for the best taste and nutritional value. If fresh mangoes are not available, frozen or dried mango can be a good alternative, but be mindful of any added sugars in dried mangoes.

Description

Mangoes are a delicious tropical fruit packed with vitamins, minerals, and antioxidants, promoting immune health, eye health, and skin vitality. They also provide dietary fiber and may support digestive regularity when included in a balanced diet.

Mangos are good for a host of nutrients, including vitamins E, C, A, and K, potassium, copper, and folate. A ½ cup serving provides 0.7 mg of vitamin E or 5%DV.

How it helps

A study examined oatmeal-probiotic fruit drinks' impact on early insulin response in healthy adults. Bilberry, blackcurrant, mango, and rose hip variants notably decreased insulin response without affecting glucose; bilberry, and rose hip were linked to higher phenolic content, and increased effectiveness [R].

A study investigated fresh mango's impact on post-meal glucose, insulin, and satiety in overweight/obese adults. Compared to low-fat cookies, mango consumption led to lower insulin spikes, glucose levels, increased fullness, and reduced hunger, implying mangos aid satiety and glycemic control [R].

A study assessed Mangifera indica fruit powder's impact on microcirculation and glucose metabolism in healthy individuals over 4 weeks. 100 mg dose enhanced microcirculatory flow; 300 mg trended towards lower postprandial glucose, significantly reduced HbA1c, indicating benefits for microcirculation, endothelial function, and glucose metabolism [R].

8

Apples

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate at least one whole apple into your daily diet, either as a snack or part of your meals, ensuring to eat them consistently every day for an ongoing period to derive potential health benefits.

Description

Apples are a nutritious fruit known for their fiber content and antioxidant-rich skin. They support overall health by aiding digestion, reducing the risk of chronic diseases, and promoting heart health.

Apples (*Malus domestica Borkh.*) are one of the most widely consumed fruits in the world. They have a high nutritional value and content of antioxidants [R, R].

Eating apples is associated with a lower risk of [R, R]:

- Heart disease
- Asthma
- Diabetes

How it helps

In a crossover trial with 18 healthy women, consuming an apple before rice (PA+R) significantly reduced post-meal glucose response by 50%, peak value by 51.4%, and glycemic excursion by 52.6% compared to rice alone [R].

A study with 21 healthy subjects compared dried apples and muffins' effects on post-meal blood glucose and insulin. Dried apples lowered glucose levels significantly but showed no consistent differences in antioxidant, satiety, or cognitive function [R].

Dried apples may lower blood sugar and insulin levels after a meal. It happens without affecting fullness. The sugar in apples might contribute to this effect [R, R].

9

Circadian Rhythm Alignment

IMPACT 1 / 5

EVIDENCE 1 / 5

Description

Circadian rhythm alignment is the process of adjusting your sleep-wake cycle to match the natural 24-hour cycle of the Earth's rotation. Circadian rhythm alignment has been linked to a number of health benefits, including improved sleep quality, better mood, and reduced risk of obesity, heart disease, and diabetes.

How it helps

In a non-placebo-controlled trial of 14 healthy volunteers, circadian misalignment reduced glucose tolerance mainly by lowering insulin sensitivity. In line with this, circadian misalignment increased postprandial glucose by 5.6% in a non-placebo-controlled trial of 9 shift workers [R, R].

10

Ecklonia Cava

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a supplement of Ecklonia Cava extract, typically available in capsule format, with a standard dose ranging between 100-400 mg daily. It can be taken with or without food, but consistency in timing can help maintain stable levels in your body. It's generally recommended to start with the lower end of the dosing spectrum and adjust based on personal tolerance and efficacy. Continue taking daily for at least a few weeks to gauge the full effect.

TYPICAL STARTING DOSE

100 mg

Description

Ecklonia cava is a type of brown seaweed often used in supplements for its potential antioxidant and anti-inflammatory properties, which may support cardiovascular health and overall well-being.

Ecklonia cava, also known as “sea trumpet”, is a brown seaweed that grows along the coasts of Korea and Japan. People use it as a food, fertilizer, and supplement [R, R].

Ecklonia cava is traditionally used to fight [R, R, R]:

- Urinary diseases
- Hemorrhoids
- Constipation

How it helps

In a placebo-controlled trial of 80 prediabetic participants, supplementation with Ecklonia cava extract (1500 mg/day) for 12 weeks **decreased postprandial glucose** [R].

11

Guar Gum

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 5-10 grams of guar gum with at least 8 ounces of water. Start with a lower dose to assess your tolerance, then gradually increase as needed. It is best taken before meals, up to three times a day.

TYPICAL STARTING DOSE

5 g

Description

Guar gum is a soluble fiber derived from guar beans and is commonly used as a food thickener and stabilizer. Its ability to slow down digestion and promote a feeling of fullness can be beneficial for managing appetite and supporting digestive health when consumed as part of a balanced diet.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [R].

Guar gum may help with blood pressure control and support the immune system [R].

How it helps

Ten healthy females (aged 30-48, normal BMI) participated. Both ispaghula husk and guar gum reduced serum insulin significantly. Ispaghula husk notably decreased glucose post-meal, suggesting its potential in managing insulin needs, but treatment should be personalized [R].

Another study investigated a novel fiber-enriched crispy bar's impact on glycemic response and gastrointestinal tolerance. Compared to controls, the induced viscosity fiber (IVF) bar significantly reduced postprandial blood glucose without causing gastrointestinal issues in healthy adults [R].

Fifteen overweight males consumed low-energy diets in various forms: semisolid meals with or without guar gum (GG) addition, or solid meals. Meals with GG showed moderated blood glucose changes and increased satiety before the next meal, akin to solid meals, while appetite and energy intake remained unchanged [R].

12

Lemon Juice

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate freshly squeezed lemon juice into your daily diet by adding about two tablespoons to a glass of water. Drink this once or twice a day, preferably in the morning on an empty stomach, and again in the afternoon before meals.

Description

Lemon juice is rich in vitamin C and antioxidants, which can boost the immune system, aid digestion, and contribute to skin health.

How it helps

A randomized crossover study assessed the impact of drinking water, black tea, or lemon juice with bread on blood glucose levels. Lemon juice significantly reduced and delayed the glucose peak, while tea had no effect. The findings suggest that acidic beverages like lemon juice can lower the glycemic impact of meals by inhibiting starch digestion, similar to vinegar and other acidic foods [R].

In a study where participants consumed bread with either water, diluted lemon juice, or black tea, lemon juice significantly increased gastric content volume and emptying rate compared to water, and reduced blood glucose levels by 35% at 55 minutes post-consumption. The reduction in glycemic response is attributed to the acid-inhibition of salivary α-amylase, impacting starch hydrolysis. Black tea showed no effect [R].

13

Lactobacillus Plantarum

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus plantarum is a probiotic bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [R].

People take *L. plantarum* supplements to improve [R, R, R, R]:

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

In a placebo-controlled trial of 40 prediabetic subjects, supplementation with L. plantarum HAC01 for 8 weeks **lowered 2 h postprandial glucose and HbA1c levels** [R, R].

14

Raspberries

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate a half cup to one cup of fresh or frozen raspberries into your daily diet. You can add them to your breakfast cereal, blend them into a smoothie, or snack on them throughout the day.

Description

Raspberries are a type of berry native to Europe and Asia, known for their high vitamin C and dietary fiber content. They have astringent properties, can support immune health, and aid in digestion.

How it helps

In a study involving adults with prediabetes, consuming 125g or 250g of frozen red raspberries significantly lowered insulin response and glucose levels compared to control, suggesting improved glycemic control. However, another study found no significant impact of berries on glycemic response to starchy foods. Separate research indicated that raspberry supplementation reduced post-meal glucose and inflammation markers. Additionally, black raspberry fortification slightly improved glucoregulatory hormone response in young adults. Lastly, combining various berries with white or rye bread reduced insulin response, indicating potential benefits for glycemic control [R, R, R, R, R].

15

Walking

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking, especially after meals, can help in managing postprandial glucose levels. It stimulates muscles to use glucose for energy, which reduces blood glucose levels.

16

Vinegar

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 1-2 tablespoons of vinegar into your diet daily, either by using it as a salad dressing or by diluting it in a glass of water. It is important to not exceed this amount to avoid adverse effects.

Description

Vinegar is a liquid produced through fermentation, often used in cooking and as a condiment. It may have health benefits such as aiding digestion and potentially helping with blood sugar control in some individuals due to its acetic acid content.

Vinegar is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning.

As a health food, vinegar may help [R, R]:

- Reduce blood sugar
- Control weight

How it helps

Vinegar can improve postprandial glucose levels by slowing the absorption of carbohydrates and increasing insulin sensitivity. Including vinegar in meals might help control glucose spikes.

17

Oat Bran

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate oat bran into your diet by adding 1-2 tablespoons to your breakfast cereal or yogurt daily. You can also use it as an ingredient in homemade bread, muffins, or pancakes. Aim to include oat bran in at least one meal per day for ongoing dietary benefits.

Description

Oat bran is the outer layer of oat grains and is rich in soluble fiber, making it a heart-healthy addition to diets. Consuming oat bran may help lower cholesterol levels and support digestive regularity.

How it helps

Oat bran contains soluble fiber, which helps in slowing the absorption of glucose from food in the stomach, keeping blood sugar levels under control after meals.

18

Ginger

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

Ginger root is a cooking spice and a traditional remedy. People mostly use it to relieve [R]:

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger can help manage postprandial glucose by influencing insulin release and sensitivity. Incorporating ginger into the diet may improve blood glucose levels after eating.

19

Spirulina

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

Spirulina is a supplement made from blue-green algae that grows in fresh and marine water [R, R].

Dried spirulina is up to 70% protein. It's also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [R, R, R].

People use spirulina supplements to reduce [R, R]:

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

Spirulina, a type of blue-green algae, has been shown to exert beneficial effects on blood sugar levels. Its high protein content and antioxidants can help in modulating insulin levels and improving glucose metabolism. This can contribute to a more balanced blood sugar level post-meal, aiding in the management of postprandial glucose.

20

Whey Protein

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Mix one scoop (approximately 25-30 grams) of whey protein powder with 8-12 ounces of water, milk, or your preferred beverage. Consume this drink 1-2 times per day, ideally post-workout or as a meal replacement.

TYPICAL STARTING DOSE

25 g

Description

Whey protein is a complete protein derived from milk during cheese production. It is rich in essential amino acids and is used to support muscle recovery, promote muscle growth, and provide a convenient protein source for athletes and fitness enthusiasts.

Whey is the liquid that separates from milk when cheese is made. Whey protein is full of amino acids (protein building blocks) that the body needs [R, R].

Whey protein usually comes in the form of a powder that can be added to soft foods and drinks. People often use it to help with [R, R]:

- Athletic performance
- Nutritional deficiencies

How it helps

Whey protein can lower postprandial glucose levels by slowing down the absorption of carbohydrates and stimulating insulin secretion.

21

Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

Aloe vera lives in the desert, and its thick leaves store water in the form of a gel [R].

People use aloe gel to help soften the skin and soothe burns [R].

Oral aloe supplements may help with blood sugar and gut health [R].

How it helps

Aloe vera contains compounds that may enhance glucose uptake and utilization, leading to improved blood sugar regulation after meals.

22

Avoid Sugary Foods & Drinks

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R, R, R]:

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R, R, R]
- Weight gain and obesity [R, R]
- Insomnia [R]
- Heart disease [R]

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R, R].

How it helps

Sugary foods cause a rapid increase in blood sugar levels. Avoiding them can help maintain more stable postprandial glucose levels, reducing the risk of spikes that can occur after eating meals high in sugar.

23

Berries

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

How it helps

Berries contain fiber and have a low glycemic index, which means they release glucose slowly into the bloodstream, helping to manage postprandial blood sugar levels more effectively.

24

Inulin

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 5 grams of inulin supplement daily, mixing it with water, other beverages, or food. It can be taken all at once or divided into smaller doses throughout the day. Start with a lower dose to assess your tolerance and gradually increase. Continue taking inulin daily for at least 4-8 weeks to assess its benefits on gut health.

TYPICAL STARTING DOSE

5 g

Description

Inulin is a type of dietary fiber found in certain plants. It can support digestive health by promoting the growth of beneficial gut bacteria and aiding regular bowel movements.

How it helps

Inulin, a type of dietary fiber, has shown promise in moderating postprandial glucose spikes. It improves gut health and insulin sensitivity, aiding in glucose management.

25

Salacia

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a salacia supplement with a dosage of 240-480 mg per day before meals. It is typically advised to start with the lower end of the dosage range and adjust according to tolerance and effectiveness. Continue this regimen daily for at least 4-6 weeks to evaluate its effects on blood sugar levels and insulin resistance.

TYPICAL STARTING DOSE

240 mg

Description

Salacia is a plant native to India and Sri Lanka, known for its traditional use in Ayurvedic medicine to help support healthy blood sugar levels. Its main active compounds are salacinol and mangiferin.

How it helps

Salacia has been studied for its effects on blood sugar and insulin levels. Compounds in Salacia can inhibit enzymes involved in sugar digestion, thus reducing the rate at which glucose enters the bloodstream after a meal. This can lead to a more stable postprandial glucose level, helping in the management of blood sugar levels.

26

Extra Virgin Olive Oil (EVOO)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

Olive oil is fat from the olive, a traditional tree of the Mediterranean Basin [R].

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [R, R]:

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the Mediterranean diet, which may improve brain and heart health [R].

How it helps

EVOO is believed to improve insulin sensitivity and reduce blood sugar levels after meals due to its healthy monounsaturated fats and polyphenols.

27

Eat Fiber-Rich Foods

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can't digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can't digest. It supports digestion, heart health, blood sugar control, and more [R, R].

Adults should get 28 g of fiber every day. Most people in the US don't get enough fiber [R, R].

You can get more fiber by eating [R, R]:

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as psyllium husk, are available for people who don't get enough fiber from their diets [R, R].

How it helps

Foods high in fiber, especially soluble fiber, can slow the absorption of sugar, leading to a more gradual rise in blood glucose levels after eating.

28

Avoid Large Meals

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help with issues like blood pressure, body weight, cholesterol levels, and migraines.

Eating smaller, more frequent meals may help prevent overeating. One way to do this is to keep a regular meal schedule. This involves eating the same number of meals at about the same times every day. Doing so may help [R, R, R]:

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Eating smaller meals can help manage postprandial glucose levels by preventing large influxes of glucose into the bloodstream, which can be harder for the body to process efficiently after eating.

29

Whole Grains

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains are high in fiber and nutrients, which can help in slowing the digestion and absorption of carbohydrates, leading to better post-meal blood sugar control.

30

Intermittent Fasting

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Limit your daily eating to a specific window of time, typically within an 8-hour period such as from 12 pm to 8 pm, and fast for the remaining 16 hours of the day. Repeat this daily or for at least 3-4 days per week.

Description

Intermittent fasting is an eating pattern that involves cycling between periods of fasting and eating. It may help with weight management, improve metabolic health, and offer potential benefits for certain health conditions when done under proper guidance.

Intermittent fasting (IF) is a pattern of eating that alternates between periods of eating and fasting. The most popular IF method is called the 16/8 method, where you fast for 16 hours and eat during an 8-hour window.

People mainly practice IF to lose weight. Besides benefits related to weight reduction, IF may help lower the risk of [R]:

- Alzheimer's disease
- Joint pain
- Asthma
- Multiple sclerosis
- Stroke

Some types of intermittent fasting, such as Ramadan fasting, are also practiced for religious reasons.

How it helps

Intermittent fasting may reduce postprandial glucose levels by improving insulin sensitivity and reducing overall caloric intake.

31

Exercise At Least One Hour a Day

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

Exercise can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal**.

How it helps

Regular exercise of at least 30 minutes a day, especially after meals, can help lower postprandial glucose levels. This is because physical activity stimulates muscles to use glucose for energy, reducing its concentration in the blood.

32

Vitamin K2

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a vitamin K2 supplement once daily with a meal that contains fat, as fat increases its absorption. The recommended dosage can vary depending on the specific supplement but typically ranges from 100 to 300 micrograms per day. It is important to continue this supplementation daily for ongoing benefits to bone and cardiovascular health.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin K2 is a beneficial nutrient we often lack. It's like a traffic cop for your body, directing calcium to your bones and teeth where it's needed, rather than letting it clog up your arteries and organs. Ensuring you get enough Vitamin K2 boosts your bone and heart health.

How it helps

Vitamin K2 may play a role in glucose metabolism and insulin sensitivity. Some research indicates that it might help by improving insulin sensitivity, which can assist in the stable control of blood sugar levels after eating. Although it's not directly reducing glucose absorption, enhancing insulin function can help manage postprandial glucose effectively.

33

Strength Training

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training helps improve insulin sensitivity and increases the muscles' ability to uptake glucose, which can help in reducing postprandial glucose levels.

34

Oats

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Similar to oat bran, oats are high in soluble fiber, which can help manage blood glucose levels by improving insulin sensitivity and slowing down the digestion process, leading to a more gradual rise in blood sugar after eating.

35

Resistant Starch

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 40g of Jo's resistant starch into your daily diet. This can be done by adding it to smoothies, yogurt, or baked goods. Ensure to spread the intake throughout the day for better tolerance.

TYPICAL STARTING DOSE

40 g

Description

Resistant starch is a type of starch that resists digestion in the small intestine, making it a prebiotic fiber that can benefit gut health. It can be found in foods like green bananas, legumes, and certain grains.

Resistant starch is starch that doesn't get digested in the small intestine [R, R].

Some types of resistant starch include [R]:

- **Type 1** occurs naturally in foods such as whole grains
- **Type 2** can be isolated from foods such as corn and green banana
- **Type 3** is created during the cooking and cooling process of starchy foods like potatoes

Resistant starch doesn't increase blood sugar like typical digestible starches do [R, R].

Instead, it feeds good bacteria in the colon that [R, R]:

- Support healthy gut function
- Support immunity
- Reduce inflammation

How it helps

Resistant starch can help manage postprandial glucose levels by slowing the absorption of sugar in the bloodstream. This type of starch acts as a type of soluble fiber, which is not fully broken down and absorbed, but rather fermented in the colon. This process can help in improving insulin sensitivity and consequently reducing blood sugar spikes after meals.

36

Psyllium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

Description

Psyllium is a plant-based dietary fiber derived from the seeds of the Plantago ovata plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

Psyllium husk might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

How it helps

Psyllium fiber can slow the digestion of carbohydrates, leading to a more gradual rise in blood sugar levels after meals.

37

Apple Cider Vinegar

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 1-2 tablespoons of apple cider vinegar into your diet daily by diluting it in a large glass of water. Consume this mixture before meals to potentially benefit from its effects.

Description

Apple cider vinegar is a fermented liquid made from crushed apples and is known for its potential health benefits. It is rich in acetic acid and may aid in weight management, improve digestion, and help regulate blood sugar levels, often used as a natural remedy for various conditions like acid reflux and insulin resistance.

Vinegar is often used in cooking to add sour flavor and to preserve foods through pickling. Some people also use vinegar for cleaning [R].

Apple cider vinegar is one of the most common vinegars produced from apples. As a health food, apple cider vinegar may help [R, R, R]:

- Reduce blood sugar
- Lower cholesterol
- Fight infections

How it helps

Vinegar may improve insulin sensitivity and lower blood sugar levels after meals due to its acetic acid content.

38

Probiotics

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are "good" bacteria found mainly in the large intestine. They support your body and mind by [R, R, R, R, R, R, R, R]:

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of "good" bacteria** [R, R].

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [R, R]:

- Oligo-fructose
- Oligo-galactose
- Inulin

Mixtures of probiotics and prebiotics are known as **synbiotics** [R].

How it helps

Probiotics can influence gut bacteria, which play a role in glucose metabolism and insulin sensitivity, potentially helping to control blood sugar levels after eating.

39

Barley

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Include barley in your diet by adding it to soups, stews, or salads. You can also replace rice or other grains with cooked barley. Aim to consume barley-based meals 2-3 times a week for ongoing dietary benefits.

Description

Barley is a whole grain rich in fiber, vitamins, and minerals. Incorporating barley into your diet can support digestive health, provide sustained energy, and contribute to overall nutritional wellness.

How it helps

Barley contains soluble fiber called beta-glucan, which helps to slow the rise of blood sugar after meals by slowing the digestion and absorption of carbohydrates.

40

Legumes

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate a serving of legumes, such as beans, lentils, chickpeas, or peas, into your diet at least four times a week. A serving size is approximately half a cup cooked. Ensure to prepare them properly by soaking and rinsing beans, if applicable, to reduce anti-nutrients and improve digestibility.

Description

Legumes, such as beans, lentils, and chickpeas, are excellent sources of plant-based protein, fiber, and various vitamins and minerals. Including legumes in your diet can promote satiety and support digestive health.

Legumes are plants from the *Fabaceae* family. Their edible seeds are called **pulses**. Legumes are important food staples and sources of carbohydrates, fiber, protein, iron, and other key nutrients.

Common legumes include:

- Peanuts
- Beans
- Chickpeas
- Peas
- Lentils

How it helps

Legumes, such as beans and lentils, can lower postprandial glucose responses. Their high fiber content slows carbohydrate absorption, helping to manage blood sugar spikes after meals.

41

Eat More Protein and Less Carbs

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Include a source of lean protein such as chicken, fish, beans, or tofu in each meal, aiming for 20-30 grams per serving, while reducing carbohydrate-rich foods like bread, pasta, and sweets, aiming to make proteins about 30-40% of your daily caloric intake. Replace at least one carbohydrate-heavy meal or snack with a high-protein option daily.

Description

A diet that includes more protein and fewer carbohydrates can promote weight management and satiety, potentially aiding in weight loss efforts. Protein-rich foods can help control hunger and support muscle maintenance.

Proteins, fats, and carbs are macronutrients. You need these nutrients in large (‘macro’) amounts. They provide your body with the energy it needs to function properly [R].

For a healthier diet, experts recommend eating foods that are higher in protein but lower in fat and carbs [R, R].

This is because simple carbs can spike your blood sugar levels. Likewise, too much saturated fat can increase “bad” (LDL) cholesterol [R, R, R, R, R, R].

Eating a lot of high-carb or high-fat foods may lead to conditions like diabetes, obesity, and heart disease [R, R, R, R].

Meanwhile, protein boosts muscle mass and helps control your weight [R].

How it helps

Increasing protein and reducing carb intake can help stabilize blood sugar levels since protein takes longer to break down, thereby reducing rapid post-meal glucose spikes.

42

Cinnamon

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 1 g cinnamon supplement once daily, ideally with a meal to aid absorption. This can be in the form of a capsule or tablet. Continue this regimen as long as it aligns with your health goals and under the guidance of a healthcare provider.

TYPICAL STARTING DOSE

1 g

Description

Cinnamon is a popular spice that may have various health benefits, including improving blood sugar control, reducing inflammation, and providing antioxidants. It's commonly used in both culinary and herbal applications.

Cinnamon is a spice made from the bark of *Cinnamomum* trees. Cinnamon can [R]:

- Decrease inflammation
- Fight oxidative stress
- Kill microbes

Cinnamon is mainly used in cooking and fragrances. **As a natural remedy, people use cinnamon to reduce blood sugar** [R].

There are two main types of cinnamon [R]:

- Ceylon or ‘true’ cinnamon (*Cinnamomum verum*)
- Chinese or Cassia cinnamon (*Cinnamomum cassia*)

How it helps

Cinnamon may help lower blood sugar by mimicking insulin, increasing glucose transport into cells and reducing carbohydrate digestion.

43

Green Tea Extract

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

Green tea is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [R].

Green tea contains **catechins**. These are antioxidants that help prevent oxidative stress [R].

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [R].

How it helps

Green Tea Extract is known to improve insulin activity and reduce blood glucose levels. Polyphenols in green tea, especially EGCG, play a significant role.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

✓	HbA1c	30 mmol/mol	26 — 36 — 48	29 Dec 2025