



WHAT TO EAT WHEN YOUR BLOOD SUGAR IS HIGH

A Simple Emergency Nigerian Food Guide

Blood Sugar Spiking? Don't Panic — Eat Smart.

Immediate food choices • Foods to avoid • Simple Nigerian meals • 24-hour reset plan

When Your Blood Sugar Is High: What You Must Know

If your blood sugar is high right now, the most important thing to do is stay calm. Many people panic and reach for fruits, pap, bread, or juice. Unfortunately these choices often raise sugar even more. High blood sugar happens when glucose builds up faster than insulin can move it into your cells. This may result from poor food combinations, stress, lack of sleep, illness, overeating refined carbohydrates, or insulin resistance. Common symptoms include thirst, frequent urination, fatigue, headaches, blurred vision, and restlessness. This guide helps you make safe, practical food choices immediately using Nigerian foods you already know.

What to Eat First (Within 30–60 Minutes)

Protein: boiled eggs, grilled fish, skinless chicken, moi moi (small), beans (moderate). Vegetables: ugwu, spinach, okra, cabbage, green beans, garden egg. Healthy fats (small): olive oil, avocado, tiny palm oil. Example plate: grilled fish + spinach + small avocado slice.



Foods to Avoid Until Blood Sugar Comes Down

Avoid fruits and juices (mango, pineapple, orange, watermelon, smoothies). Avoid refined carbs: white bread, pap, white rice, garri, semovita, fufu. Hidden sugar traps: honey, dates, malt drinks, biscuits, granola, energy drinks, sweet herbal mixtures. If it tastes sweet, pause it.



What to Drink (No Juices)

Plain or warm water, cucumber water, unsweetened herbal tea. Optional if already safe: bitter leaf water, scent leaf tea, mild ginger tea. Avoid fruit juice, soft drinks, alcohol, sweetened teas.



Simple 24-Hour Reset Plan

Step 1: Eat protein + vegetables. Step 2: Walk gently 10–20 minutes. Step 3: Next meal: small beans, unripe plantain or tiny yam porridge with vegetables. Step 4: Observe readings and learn triggers.



Important Reminders & Next Steps

High blood sugar is not failure — it is a signal. Avoid starting meals with carbs. Combine carbs with protein and vegetables. Manage stress. Sleep well. Repeated spikes increase risk of nerve damage, kidney problems, heart disease and vision issues. Created by Vivian Okpala – VeeVee Health. Educational purposes only. Not a substitute for medical advice.

