



# Why Blood Sugar Balance Matters (Even If You're Not Diabetic)

By Dr. Tricia Talerico, D.C., M.S., Nutr.

When people hear "blood sugar," they often think it only matters if you have diabetes. In reality, blood sugar balance affects everyone, especially women-impacting energy, mood, hormones, weight, and long-term health. Blood sugar refers to the amount of glucose in your bloodstream.

After you eat, glucose rises, the pancreas releases insulin, and cells use that glucose/insulin for energy. Problems occur when blood sugar spikes too high or too often and then crashes too low. Blood sugar spikes that occur too often can result in insulin resistance, weight gain and, eventually, a diagnosis of type 2 diabetes. Common signs of poor blood sugar balance include mid-afternoon energy crashes, irritability when hungry, strong sugar cravings, brain fog, and difficulty losing weight. Over time, repeated spikes can also contribute to inflammation, hormonal imbalances and increased risk for metabolic disease.

For women, blood sugar stability is especially important. Fluctuating glucose can worsen PMS, perimenopausal and menopausal symptoms, anxiety, and fatigue. Cortisol (the main stress hormone secreted by your adrenal glands) and insulin are closely connected-when blood sugar drops too low, cortisol rises, increasing stress on the body.

The good news is that small, consistent nutrition habits make a big difference. Start by pairing carbohydrates with protein, healthy fats, and fiber at every meal. For example, instead of fruit alone, add Greek yogurt or

nuts. Instead of toast by itself, include eggs or avocado. Eating regularly (3 small meals per day with no between meal snacking), rather than skipping meals-also prevents dramatic blood sugar dips. Prioritizing protein at breakfast, limiting ultra-processed foods, and choosing whole-food carbohydrates like vegetables, legumes, and whole grains can dramatically improve energy and focus.

Blood sugar balance isn't about perfection or restriction. It's about giving your body the steady fuel it needs to feel calm, energized, and resilient-every single day.

**IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!**



**Tricia Talerico, D.C., M.S., Nutr.**  
Nutrition and Weight Loss Center of Ocean  
Dow Plaza • 1819 Highway 35 North  
Oakhurst, NJ 07755  
**732-609-3366**  
[www.nutritionandweightlosscenter.com](http://www.nutritionandweightlosscenter.com)

