

5 FOODS THAT HELP STABILIZE YOUR BLOOD SUGAR

A simple, science-backed starting guide for men who want to lose visceral fat, feel sharper, and get back to doing what they love.

Why this matters: when blood sugar spikes over and over, your body has to release more and more insulin to deal with it. Over time, your cells stop responding properly — this is insulin resistance, and it's a major driver of visceral (belly) fat, low energy, brain fog, and poor sleep. The good news: food is one of the fastest levers you have to start turning this around.

1

Eggs

Why it helps: High in protein and virtually zero impact on blood sugar. Protein at breakfast blunts the glucose spike you'd otherwise get from a carb-heavy start to the day, and keeps you fuller for longer.

How to use it: Have 2–3 eggs as the base of your breakfast instead of cereal, toast, or juice.

2

Leafy Greens (spinach, kale, silverbeet)

Why it helps: Very low in carbohydrate and high in fibre, which slows digestion and blunts blood sugar spikes from the rest of the meal.

How to use it: Add a large handful to any meal — sauteed with dinner, or raw in a salad at lunch.

3

Fermented Vegetables (sauerkraut, kimchi)

Why it helps: Support a healthy gut microbiome, which is increasingly linked to better insulin sensitivity and lower inflammation.

How to use it: Start with a small forkful (2–3 tbsp) alongside a main meal, once a day.

4

Oily Fish (salmon, sardines, mackerel)

Why it helps: Rich in omega-3 fats, which help reduce the low-grade inflammation that's closely tied to insulin resistance and visceral fat.

How to use it: Aim for 2–3 servings a week as a main protein source in place of processed meats.

5

Apple Cider Vinegar

Why it helps: Some research suggests a small amount before a carbohydrate-containing meal may modestly blunt the blood sugar spike that follows.

How to use it: 1 tbsp in a glass of water, 10–15 minutes before a meal that includes carbs.

Where to start this week

Don't try to change everything at once. Pick one meal a day — for most men, breakfast is easiest — and rebuild it around protein and vegetables instead of processed carbs. Give it two weeks and notice how your energy, sleep, and mood shift before you change anything else.

This guide is general food education based on personal experience and a background in medical science and pathology. It is not medical or dietary advice. Please consult your doctor or an accredited dietitian before making changes, especially if you are on medication or have an existing health condition.

Want the full science behind this? New videos every week breaking down the real research on food, fasting, and blood sugar — no fads, just biology.