

The Rule of 30

Four numbers for blood sugar and insulin resistance, all of them 30. Insulin resistance can be building for years before anyone tells you your blood sugar is a problem.

● 1. About 30 g of protein per meal

- **Not sure what 30 g looks like? Here's one breakfast:** 2 eggs (12 g) + ½ cup plain Greek yogurt (10 g) + ¼ cup nuts (4 g) + ½ cup berries (1 g) + 1 slice whole grain toast (4 g). Roughly 31 g.
- **For lunch and dinner,** start with a protein source, then add vegetables and a carbohydrate: palm-sized chicken (30 g), palm-sized salmon (25 g), 1 cup Greek yogurt (20 g), 1 cup cooked lentils (18 g), ½ cup cottage cheese (13 g).
- **Breakfast is where this usually falls apart.** Toast and coffee lands closer to 6 g, which is part of why you're starving again by 10.

● 2. Work toward 30 g of fibre a day

- **Each of these is about 5 g. Pick any six across a day:** 2.5 tbsp ground flaxseed, ⅓ to ½ cup cooked lentils or chickpeas, half a medium avocado, ¾ cup raspberries or blackberries, 1 cup cooked broccoli, one medium pear or an apple with the skin on.
- **Build up slowly.** Add about 5 g a week and drink more water while you do it. Going from 12 g to 30 g in a week brings bloating and gas, and then people quit, which is a shame, because the fibre was never the problem.
- **Fibre slows sugar absorption** and feeds your gut bacteria. Your cholesterol numbers benefit too.
- **Most of it should come from food.** You'll have an easier time getting to 30 g that way. Bars marketed as high fibre are often 3 to 5 g.

● 3. Added sugar under 30 g a day

- **Added sugar, specifically.** The sugar that comes with whole fruit or plain milk gets to stay.
- **The ones people often miss:** coffee drinks, flavoured yogurt, granola bars, protein bars, sauces and dressings, and most packaged food marketed as healthy. One bottled coffee drink can use up the whole day.
- **Canadian labels make this harder than it needs to be:** our Nutrition Facts table gives total sugars, not added sugar. Read the ingredient list instead. Anything ending in "ose," plus syrups, cane juice, molasses, and honey. They are listed by amount.

● 4. Thirty minutes of movement

- **Walking counts.** So does strength training, cycling, yoga, gardening, or being outside with the kids or the dog.
- **You do not need a hard workout every day.** Regular movement matters more. Most days is enough.
- **If you add one thing on purpose, make it strength training.** Skeletal muscle is one of the main places your body takes up glucose after a meal, so having more of it gives that glucose somewhere to go.
- **The bonus: walk after you eat**
 - **10 to 20 minutes within half an hour of your biggest meal.** Working muscles can take up glucose with less reliance on insulin, which helps your body handle the glucose from that meal.

Where to start, and how to know where you sit

- ✓ **Pick one.** Four at once is how this falls apart.
- ✓ **Then walk after dinner.** 10 minutes to start.
- ✓ **Start with breakfast protein.** It's usually the meal furthest off.
- ✓ **Test, don't guess.** Fasting glucose, fasting insulin, and hemoglobin A1C. Your MD or NP can order these, usually covered in Ontario.

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