



**C 降低高血糖该避免或减少摄取的食物**  
Foods to avoid Or Least intake for lowering High blood sugar

High GI carbohydrates foods will cause blood sugar level to spike & then crash.

高升糖指数的碳水化合物会导致血糖水平飙升，然后快速下跌。

少吃高升糖指数的碳水化合物食物  
**Take less of High GI carbohydrates foods**

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. It may be caused by consuming too much alcoholic beverages, greasy foods, sugary foods & carbohydrates, etc. Topic: Can diet cause High blood sugar? Learn more at this video link:

<https://youtu.be/1Y5GgRhTDRM>

#diabetes #highbloodsugar #diabetesdiet #eastwestdiet #holisticwellness #colourfoods #5colordietsg #aicarewellnesstime #nutritionistlingai