

# How To Monitor Your Glucose for Optimal Brain Healing

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# How to use your Glucose Measurements to Guide your Recovery

- Consider keeping a journal of your blood glucose measurements so that you can track your progress. Measuring your glucose provides you real time data to track how your body is responding to a given food or meal.
- Always follow manufacturer's instructions for how to perform a glucose test. Glucose testing strips are inexpensive and widely available.
- It's helpful to test fasting morning glucose before coffee, supplements or medications. Your goal is a reading between 70-90 mg/dL (3.89-5.00 mmol/L.)
- If your reading is within that range, you are likely insulin sensitive. You needn't perform post-prandial (after meal) checks at every meal unless you want to check your response to a specific food. Continue testing fasting morning blood glucose for a week or two to see if you continuously stay in range. If you have occasional lapses, move on to post-prandial checks.
- If your reading is higher than the recommended range, it's a good idea for you to perform regular post-prandial checks after each meal so that you can identify the foods that are causing your glucose spikes and make adjustments to your diet.
- A post-prandial test is typically performed twice after finishing a meal; at one hour, then at two hours. Some people experience delayed glucose elevation, so be sure to do the second test even if the first one is within range.
- One hour after finishing a meal, your blood glucose should be between 90-125 mg/dL (5.00-6.94 mmol/L.) Two hours after a meal, your goal is 90-110 mg/dL (5.00-6.11 mmol/L.) Five hours after a typical meal, your blood glucose should return to the fasted range between 70-90 mg/dL (3.89-5.00 mmol/L.)
- If your readings are higher than the stated goals, you need to identify the foods that are causing the hyperglycemic response. Obvious culprits are anything with sugar or fructose, even "healthy" sweets like fruit, honey, or maple syrup. Starchy carbohydrates like white potatoes, rice, oats, pasta, bread are other common triggers. Even sweet potatoes can cause a spike, hence they are only recommended in small quantities. Other typical culprits are resistant starches, legumes, and quinoa. Additionally, the macronutrient context of your meal can contribute to higher readings. Protein or carbohydrates in excess should be suspected.
- Try replacing the suspected trigger with healthy fats (EVOO, olives, avocados, nuts, and seeds) or non-starchy vegetables at your next meal. See our Nutrition Guidelines for greater detail. Repeat your post-prandial testing and journal your body's response.
- Continue this process for every meal until your fasting morning glucose falls within range.
- Cooking, then cooling, resistant starches (that are typically cooked) increases their resistant starch level and may reduce their glycemic load. Test your blood sugar to gauge your response. Some people still can't tolerate these higher glycemic foods even if they've been previously cooled.

- Be aware that everyone, based on genetics, general state of health, gut microbiome status, stress levels, and myriad other factors has a different glycemic response to the same food. You may even have a high degree of variable responses to the same food due to extraneous contributors, such as stress, poor sleep, hormone status, and multiple other factors. Identifying and addressing your triggers will help you to heal.
- Understand that once you've keto-adapted (switched from burning primarily glucose to fat) your fasting morning glucose may rise a bit over time. Concurrently checking ketones can offer you reassurance. Their presence ( $>0.5\text{mmol/L}$ ) indicates that this is likely of little consequence especially if your HbA1c and fasting insulin levels remain within range.
- After you've been keto-adapted for weeks or months, if you experience an inexplicable, dramatic rise in blood glucose, it may be a sign that you need to periodically (weekly, bi-weekly, monthly?) transition to a glucose-burning state for a short time by adding more approved carbohydrates so that your body maintains metabolic flexibility. The ability to seamlessly transition back and forth from a glucose-based fuel to a fat-based fuel is a sign of optimal health. You may notice a cognitive foggy that accompanies this transition out of ketosis. Be sure to track this cognitive change in your journal and switch back to your typical ketogenic diet at your next meal.
- Be aware that your blood glucose may temporarily be elevated following exercise. Your liver responds to the energy demands of exercise by releasing more glucose. This is typically inconsequential and will quickly drop down to your pre-exercise level or even lower.