



GiNutriVida
COACH EN SANTÉ ALIMENTAIRE • HEALTH COACH

WORKSHOP

NATURALLY BALANCING BLOOD SUGAR

Gisele Cannalonga
Holistic Nutrition Coach and Naturopath

www.ginutrivida.com

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Holistic Nutrition Coach and Naturopath

I specialize in metabolic and hormonal balance, with the desire to help adults of all ages preserve their health as they move through life.

As the founder of GiNutriVida, I support my clients in regaining their vitality, stabilizing their blood sugar, improving digestion, and achieving natural and sustainable weight loss.

My approach is compassionate, personalized, and focused on simple, effective solutions. I'm deeply committed to gently transforming daily habits while empowering each person to nourish both their body... and their overall well-being.

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INTRODUCTION

After the age of 60, maintaining balanced blood sugar levels becomes essential for preserving our vitality.

Eating well means:

- Listening to your body's needs
- Stabilizing your energy throughout the day
- Enjoying simple foods chosen to support your well-being

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UNDERSTANDING BLOOD SUGAR

Blood sugar refers to the level of glucose present in the bloodstream.

01.

Stable Blood Sugar Level Promotes Energy and Focus.

02.

Fluctuations in blood sugar can lead to symptoms such as fatigue, cravings, irritability, joint pain, and weight gain.

03.

As we age, regulating blood sugar becomes more challenging, highlighting the importance of an appropriate diet.



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AN APPLE A DAY – A SIMPLE AND POWERFUL HEALTH HABIT

We’ve all heard the saying “An apple a day keeps the doctor away”... and there’s truth to it! Apples are a low-glycemic fruit, rich in fiber (especially pectin), which helps slow down sugar absorption and stabilize blood sugar levels.

They also support digestive health, reduce cravings, and provide a gentle feeling of fullness. It’s an excellent snack option — especially when paired with a bit of protein or healthy fat, like a few nuts or a spoonful of almond butter.

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FOODS TO FAVOR AND LIMIT FOR STABLE BLOOD SUGAR

Foods to Favor

- Green vegetables: broccoli, spinach, kale
- Legumes: lentils, chickpeas, black beans
- Nuts and seeds: almonds, walnuts, chia seeds, flaxseeds
- Low-glycemic index fruits: berries (strawberries, raspberries), apples, pears
- Lean proteins: fish, tofu

Foods to Limit

- Refined sugar : sodas, sweetened juices, alcoholic drinks
- Ultra-processed foods
- Refined grains and pastries: wheat, industrial pastries



KEY NUTRIENTS FOR STABLE BLOOD SUGAR



PROTEINS

Slow down carbohydrate absorption

eggs, fish, chicken, tofu, tempeh, legumes (lentils, chickpeas), Greek yogurt, cottage cheese, nuts, and seeds



FIBERS

Reduce blood sugar spikes

Legumes: lentils, chickpeas, black beans
Whole grains: oats, barley, brown rice
Fruits: apples, pears, berries
Vegetables: broccoli, spinach, carrots
Seeds: chia, flax, psyllium



WHOLE GRAINS

Release glucose slowly

Quinoa: Rich in protein and gluten-free
Brown rice: A better option than white rice
Oats: Prefer whole rolled oats
Barley: Contains beneficial beta-glucan fibers
Whole grain bread: Choose breads made from wholemeal flour



HEALTHY FATS

Promote slow sugar absorption

Avocado: Rich in monounsaturated fatty acids
Nuts: Almonds, cashews, walnuts
Seeds: Chia, flax, sunflower
Oils: Extra virgin olive oil, canola oil
Fatty fish: Salmon, mackerel, sardines



A small portion 3 to 4 times a week can make a big difference!



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ROUTINES TO BALANCE BLOOD SUGAR

- **Eat at regular times**
- **Include protein in every meal**
- **Avoid long periods of fasting; eat every 5 hours with a healthy snack between meals**

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ENJOY EATING (WITHOUT GUILT)

- Rediscover the joy of cooking for yourself
- Eat mindfully: take your time and savor each bite
- Indulge without excess or restrictive dieting
- Share meals with pleasant company
- Prepare meals in community
- Choose fresh, seasonal foods





NOURISHING AND BALANCED MEAL IDEAS

To meet calcium needs without consuming traditional dairy products:

Fortified Plant-Based Beverages

- Soy, almond, oat, or cashew milk
- Choose options fortified with calcium and vitamin D
- Opt for unsweetened varieties

Canned Fish with Soft Bones

- Canned sardines
- Canned salmon with bones
- Excellent natural calcium bioavailability

Calcium-Rich Green Vegetables

- Kale
- Broccoli
- Bok choy (Chinese cabbage)
- Turnip greens, watercress

Nuts and Seeds

- Sesame seeds (and tahini)
- Almonds
- Chia seeds (with added digestive benefits)

Organic Tofu

- Preferably prepared with calcium (check ingredient labels)
- Provides both protein and minerals

Calcium-Rich Mineral Waters

- In Canada: local or imported brands like Eska or San Benedetto Calcium/Check labels for calcium content exceeding 200 mg/L




DAILY MOVEMENT

PHYSICAL ACTIVITY HELPS REGULATE BLOOD SUGAR LEVELS

● Recommended activities:

- Gentle walking
- Gardening
- Morning stretches
- Tai Chi
- Yin Yoga





PRACTICAL TIPS TO REMEMBER

- **Move a little every day**
- **Stay well hydrated**
- **Enjoy eating well**
- **Avoid extremes, aim for balance**





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☀️ **Balancing Your Blood Sugar Means Nourishing Both Body and Mind**

It's never too late to embrace new habits.

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Thank you for your presence

And now?

**Did any of these points inspire you to try
something new starting tomorrow?**

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I would be happy to support you if you'd like to go further in understanding your blood sugar and adapting your diet to your personal needs.

Feel free to send me a private message or visit my website for a free 20-minute online consultation.

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