

How to Lower Your Fasting Insulin Level

A high fasting insulin level often means that your body is becoming **resistant to insulin**. Your pancreas has to produce more insulin than normal to keep your blood sugar controlled. The goal is to **improve your body's sensitivity to insulin**, which can lower insulin levels and reduce your future risk of diabetes and other metabolic diseases.

1. Reduce Sugar and Processed Carbohydrates

Limit or avoid:

- Sugary drinks, soda, sweet tea, and fruit juice
- Candy, desserts, cookies, and pastries
- White bread, crackers, chips, and sugary cereals
- Large portions of pasta, white rice, potatoes, and other refined carbohydrates

Choose most of your carbohydrates from **vegetables, whole fruit, beans, and minimally processed whole foods**.

2. Be Strategic About When You Eat Carbohydrates

In addition to reducing your total intake of refined carbohydrates, **when you eat carbohydrates can also be helpful**.

Try to **minimize carbohydrate-heavy foods first thing in the morning**. Instead of starting the day with cereal, toast, pastries, pancakes, juice, or other carbohydrate-heavy foods, choose a breakfast centered around **protein, healthy fats, and fiber**. Examples include eggs with vegetables, Greek yogurt with nuts or seeds, or another high-protein option.

Also try to **minimize carbohydrates late at night, particularly close to bedtime**. Avoid late-night desserts, cereal, chips, bread, sweets, and other carbohydrate-heavy snacks. When eating higher-carbohydrate foods, it is generally better to eat them **with a balanced meal containing protein, vegetables, and fiber**, particularly around periods of greater physical activity.

3. Eat More Protein

Include a good source of protein with every meal, such as:

- Eggs
- Chicken or turkey
- Fish
- Lean beef



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- Greek yogurt or cottage cheese
- Beans and lentils

A good general goal is approximately **25–40 grams of protein per meal**.

4. Increase Fiber

Aim for approximately **25–40 grams of fiber per day**.

Good sources include:

- Vegetables
- Berries and whole fruit
- Beans and lentils
- Nuts and seeds
- Avocado

5. Lose Excess Body Fat

If you are overweight, losing even **5–10% of your body weight** can significantly improve insulin sensitivity.

You do not need to reach your "ideal weight" before seeing meaningful improvements.

6. Strength Train 3 Days Per Week

Skeletal muscle is one of the body's largest consumers of glucose, and it is also one of the main stores of glucose in the form of **glycogen**. This makes it essential for healthy blood sugar regulation.

Ultimately, having more metabolically active muscle and engaging in regular resistance training helps the body regulate blood sugar more efficiently, reducing the amount of insulin needed to maintain normal glucose levels.

Aim for **3 full-body strength-training sessions per week** using weights, resistance bands, machines, or body-weight exercises.

7. Aim for at Least 150 Minutes of Cardio Per Week

Good options include:

- Brisk walking
- Cycling
- Swimming
- Jogging
- Rowing
- Elliptical



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8. Walk for 10–15 Minutes After Meals

A short walk after eating can help your muscles use the glucose from your meal and reduce the amount of insulin your body needs.

Try to walk for **10–15 minutes after lunch and dinner**, or after as many meals as practical.

9. Avoid Constant Snacking

Try to eat **2–3 well-balanced meals per day** rather than grazing throughout the day.

Consider allowing at least **12 hours overnight without food**. For example, finish dinner at 7:00 PM and eat breakfast at 7:00 AM.

Try to avoid eating during the **2–3 hours before bedtime**, especially carbohydrate-heavy snacks.

10. Prioritize Sleep

Poor sleep can worsen insulin resistance.

Aim for:

- **7–9 hours of sleep per night**
- A consistent bedtime and wake time
- Evaluation for sleep apnea if you snore heavily, stop breathing during sleep, or experience significant daytime sleepiness