



Sugar Is Our Energy



Column A

CARBOHYDRATES = SUGAR

Carbs digest quickly

They spike and drop blood sugar
(and therefore energy level)

They BLAST sugar into the bloodstream

Providing a quick but short-lasting energy

They make us hungry!

High fiber (legumes/grains/sweet
Potatoes, winter squash) may slow
Digestion and help to level out glucose

Be *moderate* with the amount of carbs
You eat at one time.

30-60 grams of carbs per meal
15 grams of carbs per snack

Moderate carbs: starch, fruit, milk/yogurt, sweets
Eat high fiber when possible (brown rice, dark bread, grains)
Add protein and / or fat to balance sugar
Emphasize non-starchy vegetables

Column B

PROTEIN/FAT = NO SUGAR

Protein/fat digest slowly

They help to balance glucose
when added to carbohydrates

They TRICKLE sugar into bloodstream

Providing a prolonged energy

They satisfy our appetite!

Add protein/fat to your carbs at
meals and/or snacks to help
balance blood sugar and energy levels

