





**Understanding blood sugar management is important to weight loss and health because if the blood sugar is too high or too low, the body is unable to use it properly as energy nor store it for future use as it gets stored as fat.**



**Blood sugar (or glucose) is your body's main source of energy, like fuel is for a car. It is the main sugar found in your blood and comes from the food you eat. Your blood carries glucose to all of your body's cells to use for energy. Your body needs to have a certain amount of sugar circulating in the blood and also in storage for later use in order for the body to function.**

# **Macronutrients & How they impact our sugar levels**

## **Carbohydrates**

**When we eat foods such as bread, rice, crackers, cereal, potatoes, they break down to sugar so carbs actually have a great effect on blood sugar**

**There are 2 types:**

- simple carbs which end in 'ose' like glucose and they are the first to burn and quickly**
- complex which are starches and fibre and they are slower to burn for energy**

**If you are eating too many carbs, your body has nowhere to store the sugar and stores it as excess fat**

## **Protein**

**– nutrient found in meats and has a little effect on blood sugar. When you eat protein with carbs, it slows the digestion and release into the system**

## **Fats**

**– do not have any effect on blood sugar unless you eat a high fat diet and already have insulin issues**

**Example of how your food choices affects your blood sugar.**

**Eating a meal of chicken, broccoli and brown rice will have your blood sugar at the level it should be at. Your blood sugar rises slowly resulting in moderate insulin levels being secreted and blood sugar levels fall slowly. There is a scale called the Glycemic Index that ranks carbohydrate-containing foods by how much they raise blood sugar levels. This meal is considered Low Glycemic.**

**Eating a large bag of Gummy bears, an example of simple carbs, breaks down quickly in digestion and then the insulin produced is more than what is needed. Blood sugar levels get high quickly then lower quickly as insulin is carrying glucose into cells and storage. This meal is considered High Glycemic.**

# How do you control your blood sugar levels?

1. Remove white refined foods (sugars and carbs) and add in carbs which are high in fibre and low glycemic
2. Remove processed foods
3. Add in healthy proteins and a variety of vegetables;
4. Remove unhealthy fats and add in healthy fats such as fish, flax seed, nuts, seeds, olives
5. Remove or reduce stimulants such as caffeine
6. Follow the complete in 3 rule to balance your meals which is to make sure each meal includes protein, fibre (low glycemic carb) and fat
7. Exercise
8. Add in supplements and herbs such as cinnamon

