Sugar and Carbs Don’t Care About You!

You might think your diet is healthy, but there are many foods that could surprise you. Some foods contain sugar or are broken down into sugar in your body.

Sugar and Refined Carbohydrates: Be Careful

Many processed or refined foods contain simple carbohydrates, which have the greatest impact on blood sugar. These simple carbohydrates break down into glucose that enters the bloodstream quickly, affecting insulin release. This rush of glucose can create an energy spike followed by a deep drop in blood sugar and energy. You can be caught in a vicious cycle of craving sugar, eating it, feeling tired, and craving it again.

Complex Carbohydrates: Better, But Keep Track of Them

Complex carbohydrates are easier on your blood sugar metabolism because they contain fiber and break down more slowly into sugar. Even though this is better for your blood sugar metabolism, you still need to watch your intake of complex carbs. In time, they will be completely changed into sugar too.

Fight Back: Take a Good Look at What You’re Eating

You may find a diet that supports healthy blood sugar balance makes a big difference. Follow a nutritious meal plan that includes healthy fats and a diet low in simple carbs, sugar, and starches.

<table>
<thead>
<tr>
<th>Cut Sugars</th>
<th>Reduce Refined Simple Carbs</th>
<th>Count Complex Carbs</th>
<th>Include Healthy Unsaturated Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda, energy drinks, fruit juice</td>
<td>Breads and pasta made with refined flour</td>
<td>Whole-grain breads</td>
<td>Plant oils: olive, coconut</td>
</tr>
<tr>
<td>High-fructose corn syrup</td>
<td>Pastries</td>
<td>Starchy vegetables: corn, beans, white</td>
<td>Nuts: almonds, walnuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>potatoes, peas</td>
<td>Oily fish: salmon, tuna</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Avocados, olives</td>
</tr>
</tbody>
</table>
Healthy Sugar Metabolism: It’s Time to Get Serious

If you’ve been making poor food choices and have concerns about maintaining healthy blood sugar metabolism, it’s time to get serious. Talk to your health care professional to get started on a new way of eating, exercising, and using recommended nutritional supplements and herbal formulas.

How Carbs Affect the Body

1. You eat and digest food. Digested food releases glucose.
2. Glucose enters bloodstream and raises blood sugar.
3. Rise in blood sugar triggers pancreas to release insulin.
4. Insulin tells cells to use glucose for energy or store it.
5. The less energy burned, the more fatty acids stored.
6. More stored may result in weight gain.

Start Here for Healthy Blood Sugar Support

- Limit your refined-carb count to a maximum of 60-70 grams a day, not including low-starch vegetables.
- Watch portion size when you are tracking food.
- Are you hungry or thirsty? If your energy is low and you’re feeling a bit on edge, you might think you’re hungry, but your body is really thirsty. Keep hydrated and drink plenty of water.
- Eat frequent small meals throughout the day.
  - Try and include a protein, healthy fat, and fiber.
  - A healthy fat plus fiber helps you feel full and less likely to be hungry.
  - Protein can sometimes help moderate the rise in blood sugar.
  - Fiber, particularly soluble fiber, can slow the absorption of sugar.
- Exercise on a regular basis. Don’t sit for long periods; get up and stretch or take a quick walk.
- Keep a daily record of food and supplement intake for reference. Follow your health care professional's recommendations for a food plan and nutritional and herbal supplements.

Track Your Carbs Easily Online

The U.S. Department of Agriculture Food-A-Pedia at www.supertracker.usda.gov/foodapedia.aspx is one of many online food trackers.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.