

## Understanding Blood Sugar

Thirty40Thirty meals provide satiety (no hunger), mental focus and physical energy without obsessively counting calories or fat grams. The key is balancing blood sugar levels.

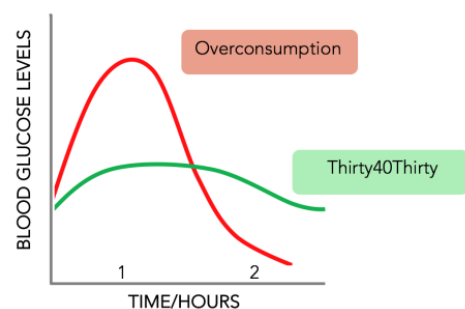
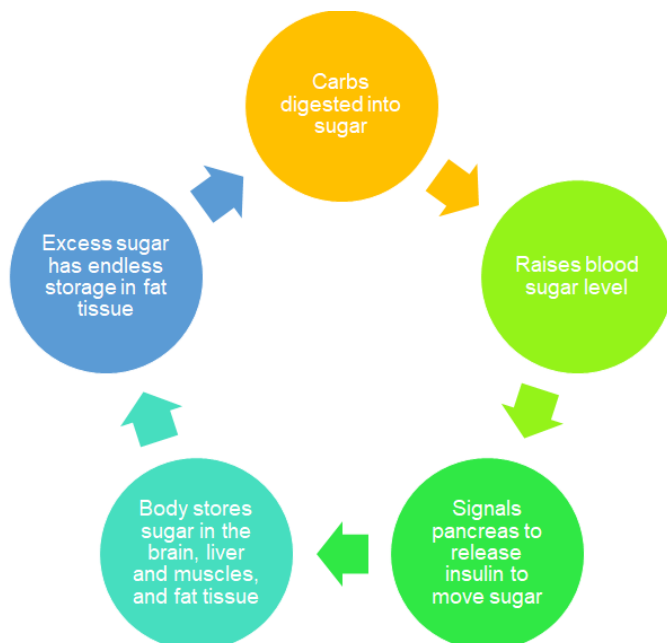
### All calories are not the same

The difference is how protein, fats and carbs affect your "blood sugars".

- Fats **do not** increase blood sugars
- Proteins **do increase only slightly**
- Low-density carbs (most fruits & vegetables – non-starchy) **do increase** blood sugars
- High-density carbs (bread, rice, white potato, pasta, cereal, corn, etc.,) **rapidly increase** blood sugar and insulin levels.

**Note: elevated insulin is your worst hormonal nightmare.** This will fuel cellular inflammation and increase your risk for virtually all chronic diseases: Cancer, diabetes, arthritis, dementia (Alzheimer's), heart disease and more.

## Carbohydrates



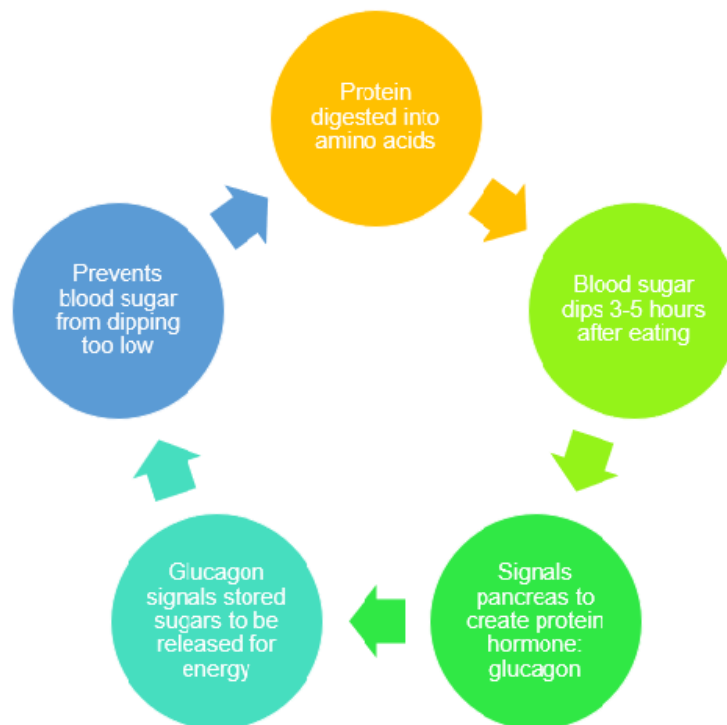
Hence, the goal would be to limit the excess sugars which means controlling your consumption of carbohydrates, especially the high-density carbs mentioned above.

# Protein

It is critical to maintain amino acid levels by consuming enough protein in the diet to support

- Muscle maintenance
- Immune function
- Hormone synthesis
- Red blood cell formation
- Tissue repair

Similar to insulin, glucagon is a protein hormone produced in the pancreas



Hence you need to consume adequate protein in your diet.

