

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.

Cut Sugars	Reduce Refined Simple Carbs	Count Complex Carbs	Include Healthy Fats
Soda, energy drinks, fruit juice	Breads and pasta made with refined flour	Whole-grain breads	Plant oils: olive, coconut
High-fructose corn syrup	Pastries	Starchy vegetables: corn, beans, white potatoes, peas	Nuts: almonds, walnuts
	White rice		Oily fish: salmon, tuna
			Avocados, olives

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process supplements, formulated following the whole food philosophy of the company's founder, Dr. Royal Lee.

Sugar in Disguise

Supporting Healthy Blood Sugar Metabolism



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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.

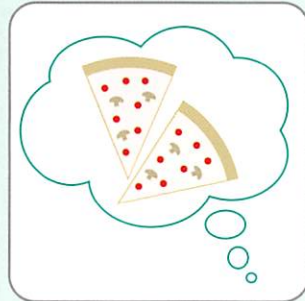
- › Try and include a protein, healthy fat, and fiber.
- › A healthy fat plus fiber helps you feel full and less likely to be hungry.
- › Protein can sometimes help moderate the rise in blood sugar.
- › Fiber, particularly soluble fiber, can slow the absorption of sugar.



Exercise on a regular basis. Don't sit for long periods; get up and stretch or take a quick walk.



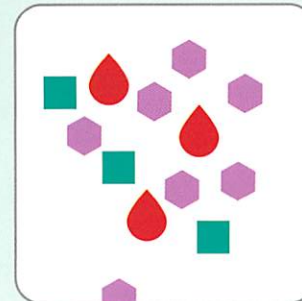
Keep a daily record of food and supplement intake for reference. Follow your health care professional's recommendations for a food plan and nutritional and herbal supplements.



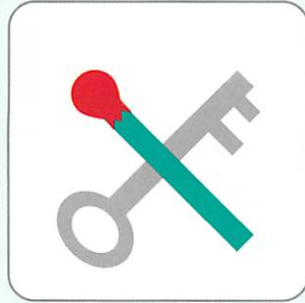
1. You eat and digest food. Digested food releases glucose.



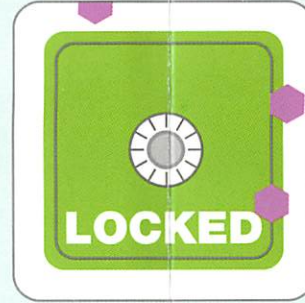
2. Glucose enters the bloodstream and raises blood sugar.



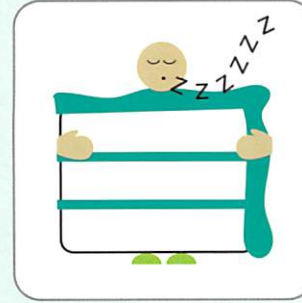
3. The rise in blood sugar triggers the pancreas to release insulin.



4. Insulin tells cells to either use the glucose or store it for energy.



5. The less energy burned, the more fatty acids are stored.



6. More stored fatty acids may result in weight gain.



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.



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.