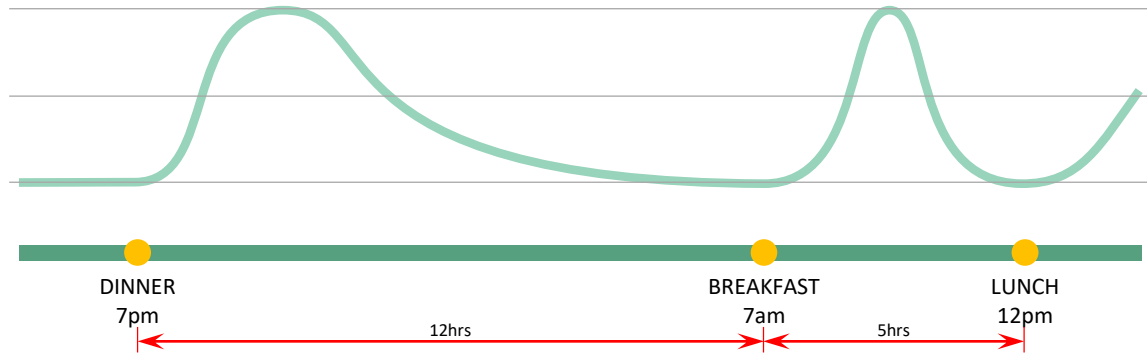


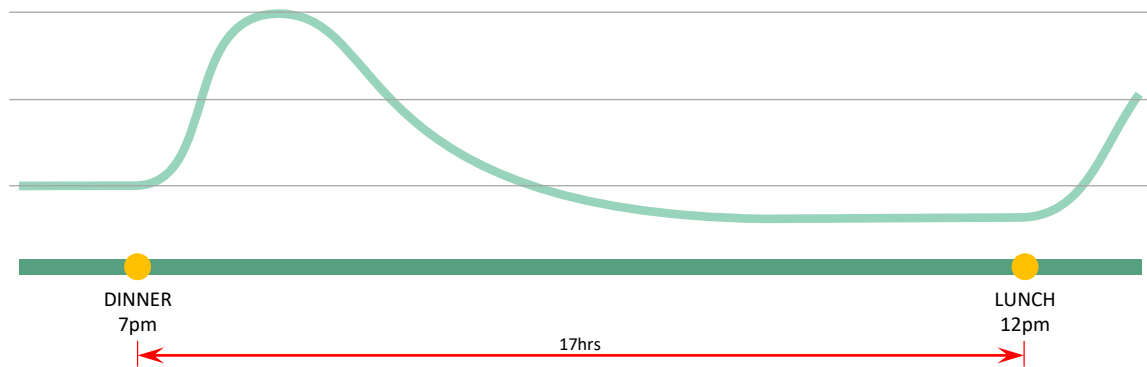
Impact of Eating on Blood Sugar Levels

Regularly spaced out meals



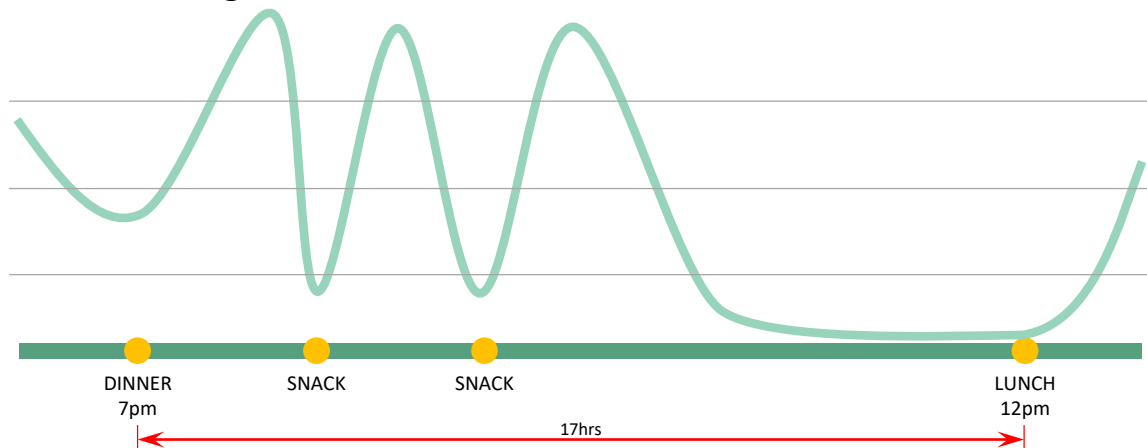
If you eat regularly and eat a combination of slow release carbohydrates, protein and vegetables your blood sugar will remain stable throughout the day and you are less likely to have energy slumps. Your body can work in line with its circadian rhythms allowing you to sleep well and fast during the night enabling your body to absorb nutrients and remove toxins.

Skipping Breakfast



If you skip breakfast your blood sugar levels will remain low throughout the morning resulting in you feeling tired and more likely to crave sugary snacks. If you are very hungry at lunchtime you are more inclined to make poor food choices - this can then result in additional snacking in the afternoon.

Snacking late in the evening



Snacking on sugary snacks in the evening will result in your blood sugar spiking and dropping quickly which is more likely to result in weight gain as you are not then burning off the calories. In addition you may find that you are more likely to wake up in the night hungry as your blood sugars become lower.