

# BLOOD SUGAR LEVEL

## AND BEST DIET FOR YOU

### WHEN TO MEASURE BLOOD SUGAR?

Before your meal and  
one hour after the end of your meal.

### UNWANTED BLOOD SUGAR RESPONSE

High blood sugar spikes promote hunger,  
making you eat more and gain weight  
by storing excess sugar in fat cells.

### HIGH BLOOD SUGAR LEVELS ARE A RISK FACTOR FOR:

Obesity, diabetes,  
cardiovascular diseases,  
and other metabolic disorders.

### USUAL BLOOD SUGAR RESPONSE

Higher blood sugar spikes after a meal rich in  
carbohydrates and lower blood sugar levels  
after a meal with more fat.

### WHAT TO AIM FOR?

Choose meals with a low or medium  
blood sugar level response  
and avoid high blood sugar spikes.

### DOES A UNIVERSAL DIET EXIST?

We should approach our diets individually  
because not all people respond with similar  
blood sugar levels to the same foods.

# DAILY

## BLOOD SUGAR RESPONSES

	Blood sugar right before your meal	What did you eat?	Blood sugar 1 hour after the end of your meal
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Meal 6			
Meal 7			