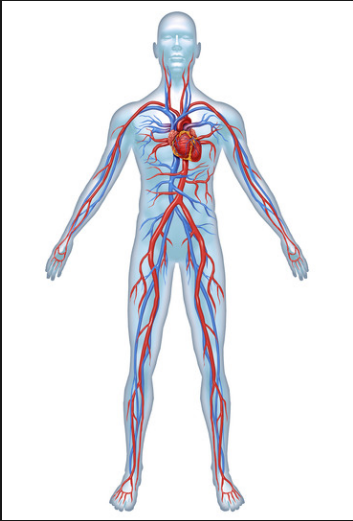
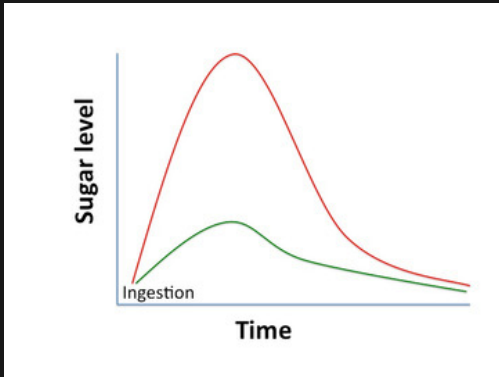


HOW SUGAR AND CARBS CAN IMPEDE WEIGHT LOSS



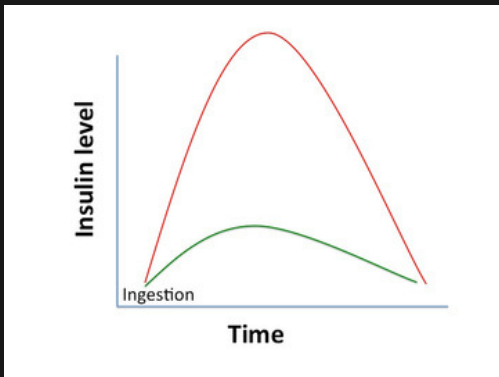
Our ability to lose weight has more to do with the hormonal milieu that is created from the foods we eat than the foods themselves.

Specifically, our ability to lose weight is greatly affected by the blood insulin levels that result from the types of sugars and carbohydrates we eat.



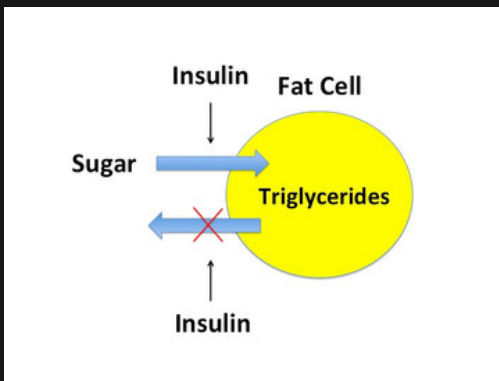
SUGAR LEVEL AFTER EATING

After eating highly processed carbs or foods with added sugar, our blood sugar levels spike (red curve). After eating true whole grains, naturally low-carb foods, and foods without added sugar, our blood sugar levels remain stable (green curve).



INSULIN LEVEL AFTER EATING

When we eat foods that spike our blood sugar levels, our blood insulin levels also spike (red curve). When we eat foods that DO NOT spike our blood sugar levels, our insulin levels remain low and steady (green curve).



INSULIN IS A FAT-TRAPPING HORMONE

Insulin is very efficient in helping store sugar as fat in fat cells. The presence of insulin also makes it harder for the body to remove fat from fat cells to be used as energy.

Therefore, the more your diet consists of **processed carbs** and **added sugar**, the more **insulin** is in your blood throughout the day and the harder it is for your body to burn fat.



EAT

- Vegetables
- Whole fruit
- True whole grains
- Healthy fats
- Protein
- Fiber

AVOID

- Soda
- Bread
- Chips
- Pretzels
- Flour-based foods
- Food with added sugar