

Effects of Blood Sugar on the Brain and Body

High sugar, processed and "junk foods"



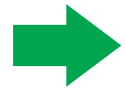
Spike Blood Sugar



Reward system is triggered in the brain - but it is short term

120 mg/dl

Whole foods made up of a combination of proteins, fats and complex carbs



P D F

Clear Thinking
Healthy Brain

Body Releases Fat
Protects Lean Muscle

80 mg/dl

Following a blood sugar spike



Blood Sugar

Drops



Cognitive function impaired

Body burns muscle - stores fat
Energy level drops
Hunger and cravings increase