

Glucose Revolution By Jessie Inchauspe (Glucose Goddess on Insta)

The steadier our glucose levels, the less chance of health issues (mentally and physically). It can lessen symptoms of menopause too.

The Hacks

1) Eat Foods In The Right Order

If we consume sugar or starch along on an empty stomach, it goes straight into the blood stream and spikes glucose levels. However, to slow the absorption of glucose into the blood she describes eating fibre (veggies) first, then protein, then fats, then carbs/sugars. Fibres are a carb BUT one our body doesn't break down so it keeps us fuller and doesn't spike glucose levels in the same way.

Tips: Literally eat the vegetables on the plate first, then protein and fat then sugars and carbs. If its mixed together, use Hack 2

2) Add A Green Started To All Your Meals

Like in the first hack, having fibre first slows down absorption of glucose. If you're out and about or eating something like a pasta dish mixed together, add a green starter like salad, grilled broccoli, seasonal greens, sugarsnap peas before eating the dish.

3) Stop Calorie Counting

In her research it mattered more what you ate and in what order than the amount of calories. I think this is basical principal of what we do anyway but looking at more than just calories.

4) Flatten Your Breakfast Curve

Instead of having a cereal or usually 'sugary' breakfast on an empty stomach (which would go straight into our blood, spike our glucose and leave us dropping and crashing throughout the day) she recommends having a savoury breakfast. Idea being you're levels of glucose are steady from the start of the day

5) Have Any Type Of Sugar You Like - It's All The Same

Sugar is sugar no matter in what form (including honey or agave) so treat it all the same. Same with starch white rice and brown rice is the same (pretty much) in terms of glucose. So use the hacks with all the suagrs in mind.

6) Pick Dessert Over A Sweet Snack

Instead of having a stand along sweet treat, it is better to have it as a dessert AFTER a meal of veggies and protein. Same principal as hack 1.

Top tips: If you want a treat, buy it but save it for later to have as a dessert. Have savoury snacks instead.

7) Reach For Vinegar Before You Eat

In studies, it showed that having vinegar mixed in water before you eat something sweet/starchy reduced the glucose spike. If you can't not eat that dish for whatever reason, she says this is a good thing to do beforehand. Any vinegar will do but Apple Cider vinegar is most palatable.

8) After You Eat, Move

Once you've eaten, especially something sugary or starchy, she recommends moving within a 2hour window either side. The reason being is that our body can only store a certain amount of glucose in muscles and liver, after that it gets stored as fat. So exercising uses up some of that glucose straight away and it doesn't get stored. A walk or even some squats after a meal count.

9) If You Have To Snack, Go Savoury

Principal is eating savoury on an empty stomach doesn't spike our glucose levels. Opt for veggies or protein snacks instead

10) Put Some Clothes On Your Carbs

If you're eating carbs, don't eat them stand alone. Dress them with fibre, protein or fat. Eg: Olive oil on bagette, pasta with cream cheese and salmon.

Some top tips:

- When a craving hits, set a timer for 20mins. Hunter gather days, decrease in glucose levels signalled we haven't eaten in a while and to seek something high cal foods. Usually now a days, if we experience cravings its because the last thing we ate caused a glucose spike but our brain tells us to do the same thing and get high cal food. But now when glucose drops, our liver (within 20mins) will release glucose and bring levels normal. The craving often disappears (if it was due to a spike)
- After 20mins, still craving it...set it aside for dessert. But remind yourself you've had a craving. Licorice or peppermint tea, gum or brushing teeth help.
- If you can't wait and decided you're going to do it, drink water and vinegar beforehand
- Then put clothes on carbs (nut butter, yogurt or veggies) before eating it
- Then eat it.
- Go for a walk afterwards or squats.
- Alcohol wise wine and spirits doesn't spike glucose. Beware mixers.
- Ignore foods advertising to be "healthy". Look at the back at sugars and fibre. If sugar is in top 5 ingredients, it will likely have ALOT in it.

- Be aware of fruit juices, pressed fruit, fruit concentrate....we usually eat loads more fruit in this way and the way its been mashed ruins its fibre content so it can spike or fructose levels. (Treated the same in this book)
- You dont need to do all the hacks all the time, when work in your life and what makes most sense day to day.
- See accompanying PDF for recipe ideas