

Blood Sugar 101: Explaining the Rise and the Fall

Caffeine

This includes coffee, black and green teas. Caffeine is also found in a number of energy drinks.

Rise



High Carb/High Fat Foods

Rise

- White Rice
- White bread
- Pizza
- French Fries

Sugar-Free foods

These still have a lot of carbs and starches

Rise



Rise

Sports Drinks

These are loaded with sugar and other sweeteners.

Stress and a Bad Cold

When we get stressed, a hormone which raises our blood sugar is released. A bad cold leaves the body fighting to be well and so our blood sugar rises.

Rise

