

Center for Youth Wellness

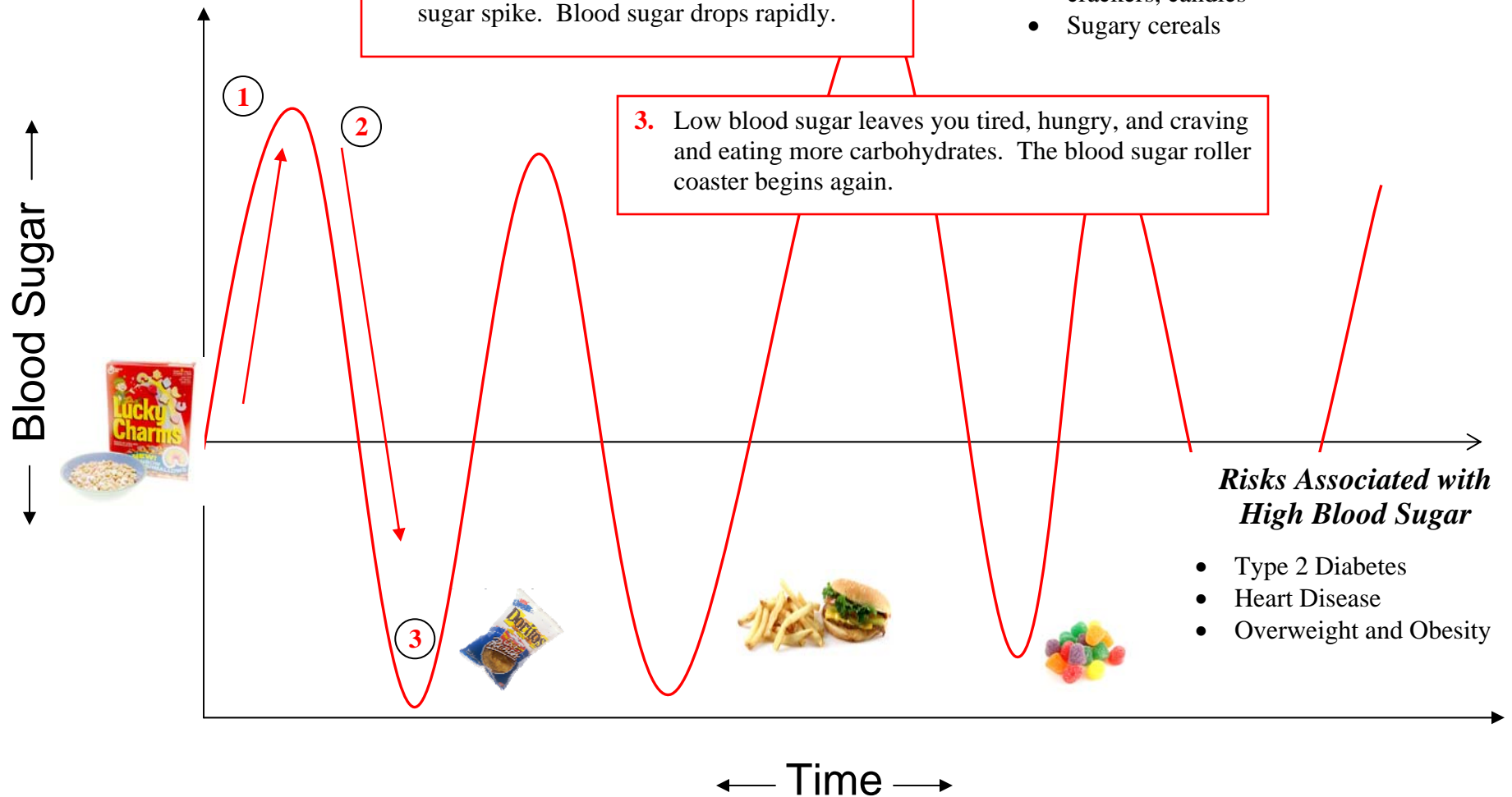
1. An unbalanced meal with *too* much carbohydrate spikes blood sugar.

2. Excess insulin is released to handle the blood sugar spike. Blood sugar drops rapidly.

3. Low blood sugar leaves you tired, hungry, and craving and eating more carbohydrates. The blood sugar roller coaster begins again.

Common Foods that Spike Blood Sugar

- Juice, soda, sports drinks
- White bread, pasta, rice, potatoes
- Snack foods including chips, cookies, crackers, candies
- Sugary cereals



Risks Associated with High Blood Sugar

- Type 2 Diabetes
- Heart Disease
- Overweight and Obesity

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