

# SUGAR SHOCK

## THE SCIENCE BEHIND THE SWEET STUFF

### WHAT ARE THEY?

Carbohydrates are sugars. Glucose, one of the simplest sugars, is the body's **preferred** fuel source. Every cell depends on it for energy.

### BRAIN FOOD

Your brain alone needs around **120 grams** of glucose per day to function at its best. Cutting carbs too low can lead to brain fog, fatigue, and irritability.

### SIMPLE VS. COMPLEX

Simple carbs are 1-2 sugar units, like table or fruit sugars. Complex carbs are long chains of sugar units, like starch in whole grains. Both give energy, but **complex** carbs provide it more steadily.

### AVOID SPIKES & CRASHES

To keep energy steady, pair carbs with **fat, fiber, and protein**. This slows digestion and keeps your blood sugar from rising and crashing too fast.

### FIBER HAS SUPERPOWERS

Fiber is a type of carb your body can't digest, but it is still important because it:

- ✓ Supports digestion
- ✓ Lowers cholesterol
- ✓ Regulates blood sugar

### FUEL FOR MUSCLE GROWTH

Protein builds muscle, but **carbs** power your workouts and recovery. Your body uses sugar (glucose) to fuel movement and help cells grow stronger.

### DID YOU KNOW?

When you run out of glucose your body can turn protein and fat into the sugar?