

Glucose Time Curve

Our brain cells, nerve cells, and red blood cells are considered non-insulin dependent cells, and therefore can only use glucose (from carbohydrates) for energy. If we do not fuel our body consistently throughout the day or provide it with adequate amounts of carbohydrates, the body creates its own energy by breaking down muscle tissue. The breakdown of muscle tissue results in a slower metabolism.

4 HOURS

- Within 4 hours of eating, our body uses the glucose from the food (carbohydrate) just eaten.

12 HOURS

- If no food (carbohydrate) is consumed, the body uses stored glucose in the liver for energy. This is what our body does overnight.

AFTER 12 HOURS

- After 12 hours with no food or adequate carbohydrate, the body starts to break down muscle tissue to create glucose to supply our brain and nerve cells with energy.

Our brain and nerve cells MUST have glucose to function properly. Therefore it is vital to have a healthy breakfast and continue to eat small, frequent meals during the day.