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Morning Meal Choices Affect Blood Glucose Levels

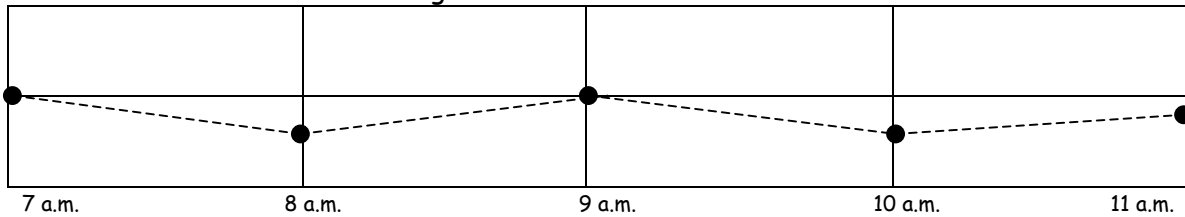
When various foods are eaten they are broke down by the body into glucose, a basic nutrient which is carried by the blood to cells for growth and maintenance. A morning meal which includes around 40 grams of carbohydrate and 12 to 18 grams of protein maintains our blood glucose level above the fasting level and we feel more fit than if we omit food or eat a meal high in carbohydrate only.

There are many different foods, which can supply the carbohydrates, and protein the body needs. We need to learn various food combinations which will supply these needs to avoid a mid morning slump.

Skips Morning Meals: Energy must come from limited glucose stored in the body.

Carbohydrates: 0 grams

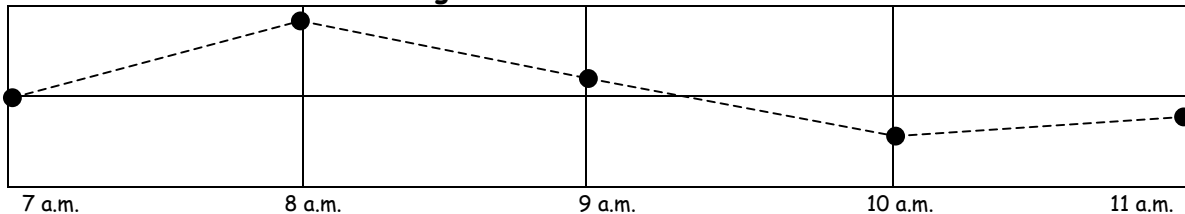
Protein: 0 grams



High Carbohydrate Morning Meals: Example-2 raised doughnuts and $\frac{1}{2}$ cup of orange juice.

Carbohydrates: 45 grams

Protein: 6 grams



Meets Morning Meal Needs: Example-Whole wheat toast with peanut butter and yogurt with strawberries.

Carbohydrates: 65 grams

Protein: 16 grams

