

The Glucose Hacks

Hack 1: Eat foods in the right order

The right order to eat our food in to minimize a meal's glucose spike is:
1) Fiber, 2) Protein and fats, 3) Starches and sugars.

Hack 2: Veggie starters

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

Hack 3: Stop counting calories

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

Hack 4: Savoury breakfast

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

Hack 5: Have any type of sugar, they're all the same

All sugar is made of glucose and fructose. They all have the same impact on our body, so have the one you prefer.

Hack 6: Pick dessert over a sweet snack

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

Hack 7: Vinegar

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

Hack 8: After you eat, move

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

Hack 9: If you have to snack, go savoury

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

Hack 10: Put "clothes" on your carbs

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.