

FUEL FOR YOUR STROKE

SUGARS

Nutrition Session 4

During the first session we learned about two types of carbohydrates - Simple and Complex. Our goal is to consume complex carbohydrates vs. the simple carbohydrates.

Since it is the Halloween season we are going to review why we want to limit the intake of simple carbohydrates found in candy.

Carbohydrates provide energy for your body. Complex carbohydrates are similar to a time released capsule. They provide a slow, constant energy. Also, they make the stomach feel fuller longer.

Simple carbohydrates cause a rapid increase in sugar levels in your bloodstream which causes a sugar rush and then a crash. Not only will you feel hungry for more candy but it will not guarantee that it is providing you the energy you need to train and perform your best.

Fruit is considered a simple carbohydrate but it differs from the simple carbohydrates in candy because it contains fiber which slows the absorption of sugars. It provides energy but does not cause the blood sugar to be like a rollercoaster. Also, fruit contains vitamins and minerals that help the body function as normal.

One regular size candy bar contains 5-20 tsp. of sugar. One teaspoon is equal to 4.2 grams.

Studies have shown that eating 75-100 grams of sugar (approximately 20 tsp) can suppress the body's immune response.

Eating sweets with meals will decrease the spike in blood sugar compared to eating a candy bar alone. So, when you do consume candy do it with your meal in order to provide the least swing in blood sugar.

In summary it is fine to eat candy occasionally. However, realize it will not help you perform, provide any nutrients to maintain your health, and it will not make your stomach feel satisfied. When you do eat candy it will provide the least swing in blood sugar if it is consumed with a meal instead by itself.