

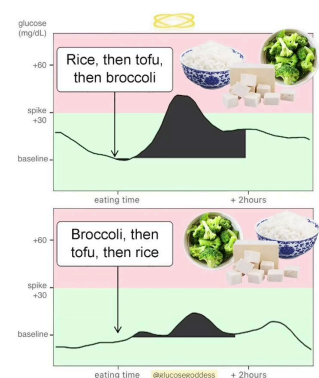
How to Hack your Nutrition to Improve your Performance

This past summer, I read Jessie Inchauspé's book *Glucose Revolution*, and it completely changed the way that I viewed food. Jessie is a biochemist who started sharing her personal continuous glucose monitor tracings after specific foods that she ate. She started her Instagram page under the handle @glucosegoddess shortly after the start of the pandemic, and over a million people have followed for her engaging glucose expertise. Her recent book delves into the research behind techniques to help maintain steady glucose levels and prevent spikes and hypoglycemic dips in order to reduce diabetic and chronic disease progression. Maintaining steady glucose levels has also been shown to reduce cravings, improve mood and cognitive performance, and promote weight loss.

Here's what I took away from her book:

- The order that you eat food has a significant influence in how your glucose levels. To reduce spikes and maintain steady glucose levels, eat in the order of vegetables (fiber), proteins and good fats, and then carbs/starches/sugars
- Consuming apple cider vinegar before a meal is one of the best ways to flatten glucose curves. She recommends 1 tbsp in a glass of water.

Eat your food in the right order



- Light physical activity, like going for that post-thanksgiving dinner walk, allows glucose to be transported from the blood into muscles. We talked about this in lecture!
- If you do have sweet carbs, try to dress them up by consuming fiber and protein beforehand, and try to leave the carbs until later in the day.
- Breakfast should be healthy and savory, and not full of carbs and sugar.

After being more mindful about these tips and food order, I noticed that the post-meal food coma that would make me feel sluggish didn't happen as often and I felt more energized and focused. I hope that others can find some benefit from this. (Images were taken from Jessie Inchauspé's Instagram).

