

Energy Sources

The importance of regular eating

When you are hungry your tummy might start rumbling and you will feel empty. You might start feeling fuzzy headed, irritable, grumpy, find it difficult to concentrate and get tummy ache.

We get glucose (energy) from the food we eat.

Carbohydrates are the body's main source of energy
- these can be split into two groups:

1. Eat more of starchy (low glycemic) foods

These include foods such as bread, rice, pasta, potatoes, noodles, oats, couscous, sweet potatoes and chapattis. Wherever possible choose high fibre varieties such as granary bread, brown rice, wholemeal pasta.

The energy from these foods, especially the high fibre varieties, will be absorbed into the blood stream slowly and help you feel fuller for longer, and help with your digestion.



2. Eat less of sugary (high glycemic) foods

These foods will also provide the body with energy but they will cause a sharp rise and fall in blood sugar levels. These are the foods you are most likely to want to eat if you feel hungry e.g. biscuits, sweets and cakes.

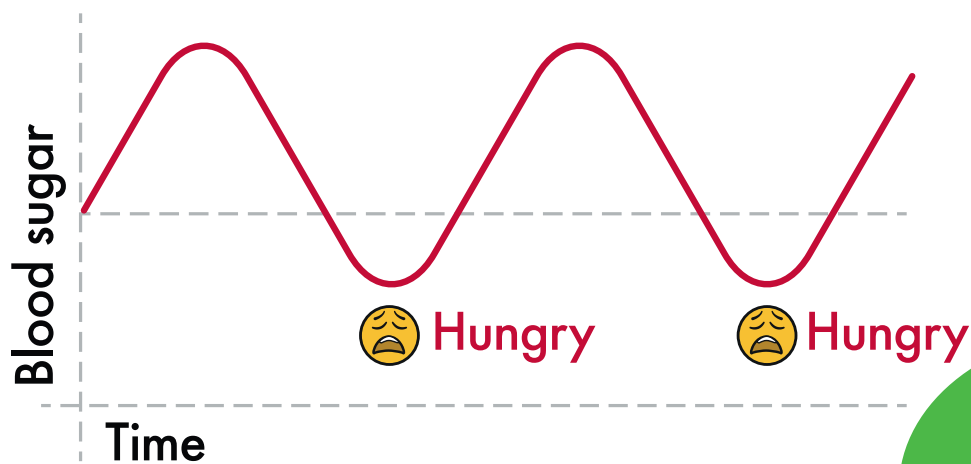
You will feel hungry again very quickly after eating these foods and they will not provide the body with other nutritional goodness e.g. vitamins or minerals.



About blood sugar levels

High glycemic food =

Release energy quickly > Feel hungry sooner > Eat more



Did you know?

Low glycemic food =

Release energy slowly > Feel full longer > Eat less

