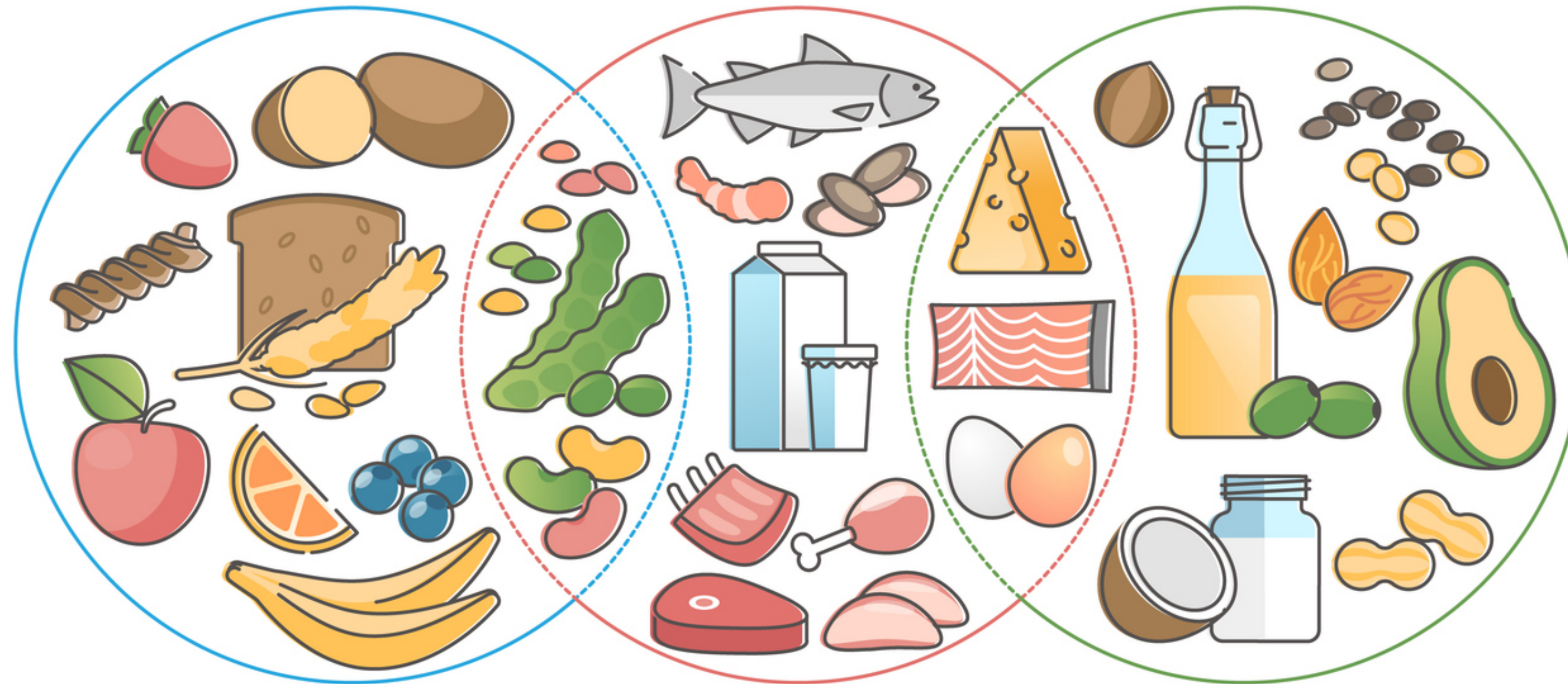


EIWIT

BOUWSTENEN
4 KCAL PER GRAM



KOOLHYDRATEN

SNELLE ENERGIE
4 KCAL PER GRAM

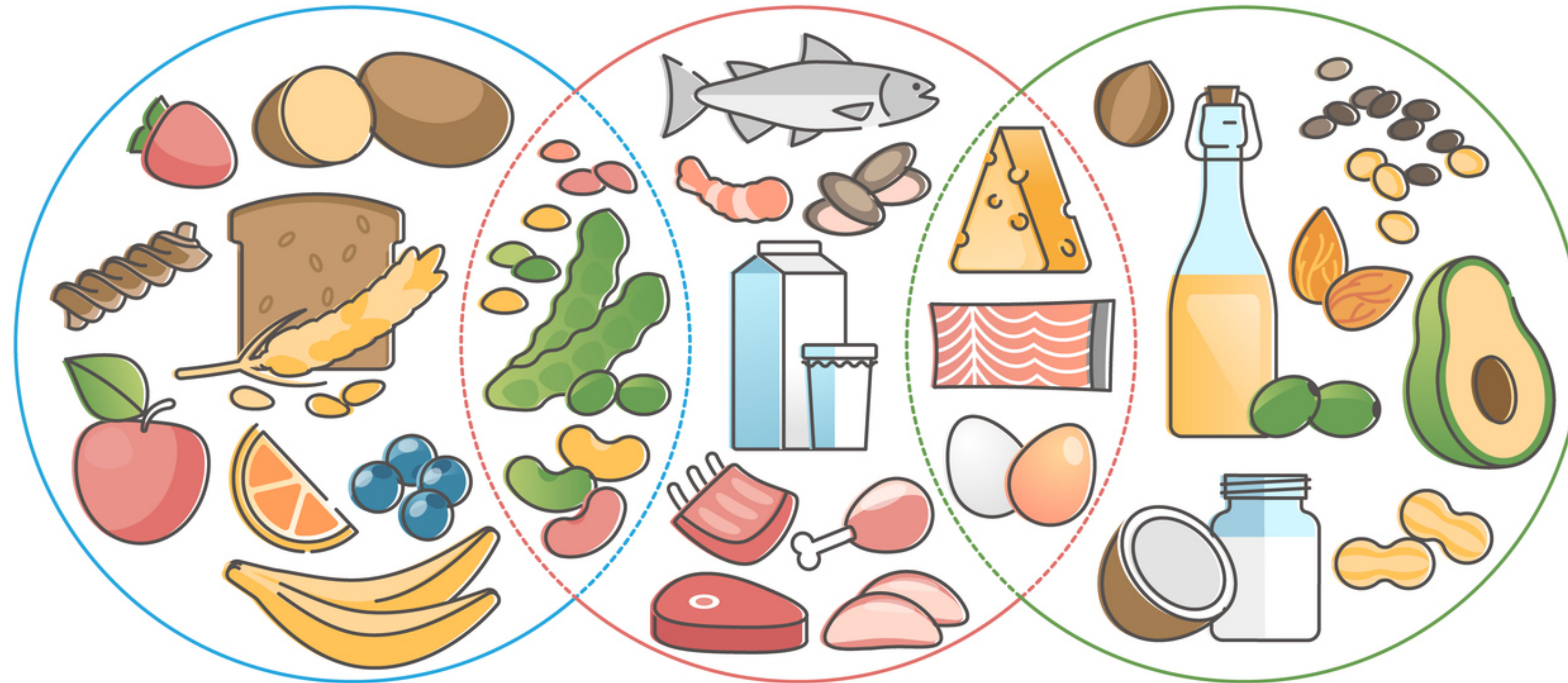
VETTEN

DUURZAME ENERGIE +
BOUWSTENEN
9 KCAL PER GRAM

EIWIT (TEF)



BOUWSTENEN
4 KCAL PER GRAM



KOOLHYDRATEN

SNELLE ENERGIE
4 KCAL PER GRAM

VETTEN

DUURZAME ENERGIE +
BOUWSTENEN
9 KCAL PER GRAM

1600 kcal

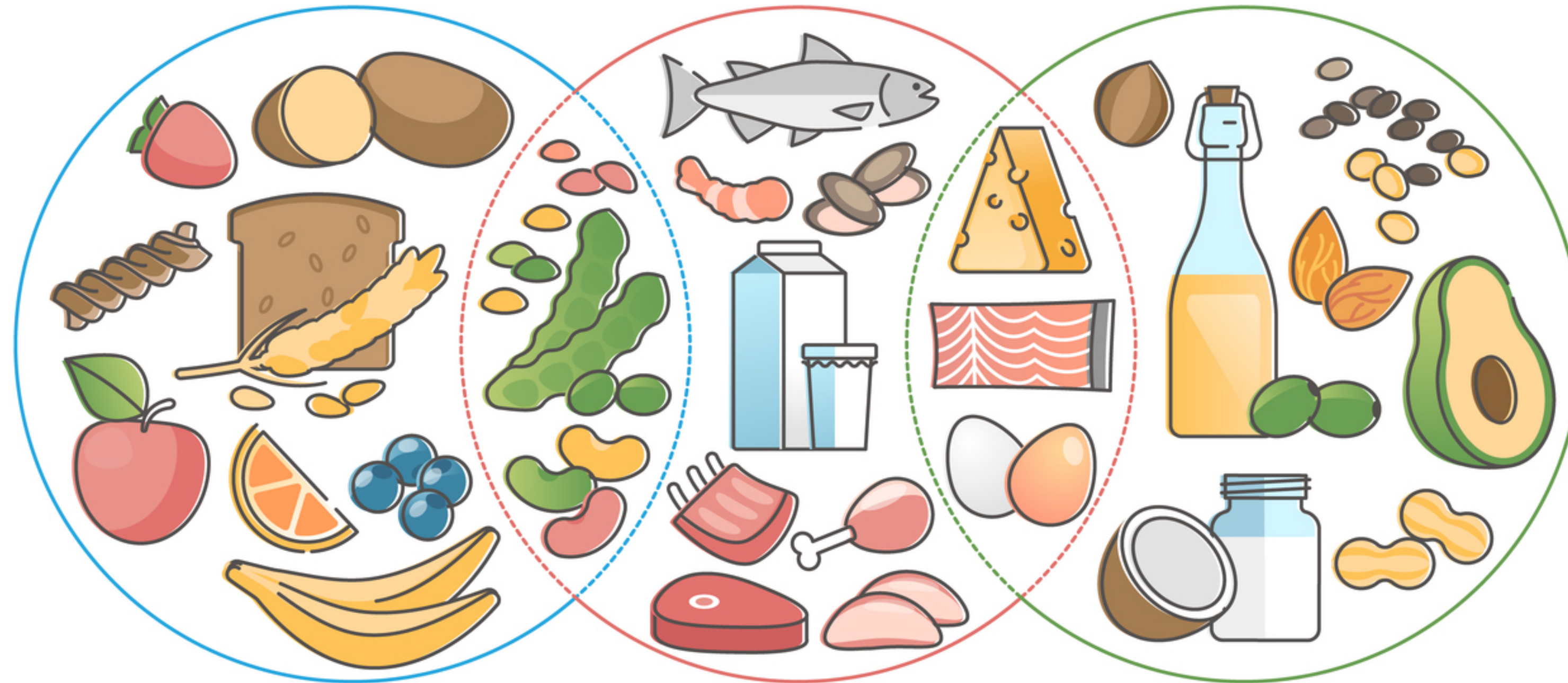
65% kh
10% eiwit
25% vet

50% kh
25% eiwit
25% vetten

EIWIT (TEF)



BOUWSTENEN
4 KCAL PER GRAM

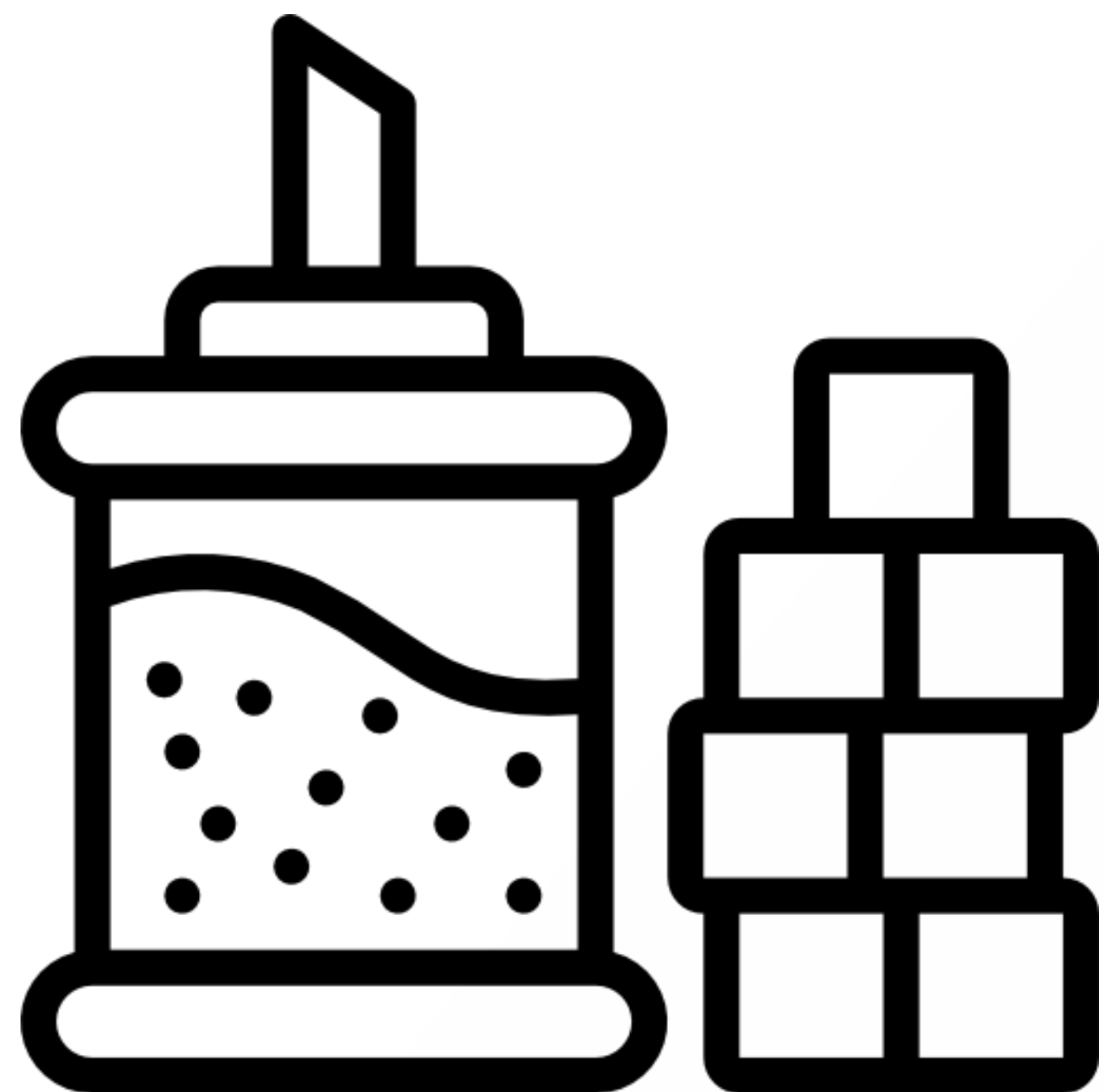


KOOLHYDRATEN

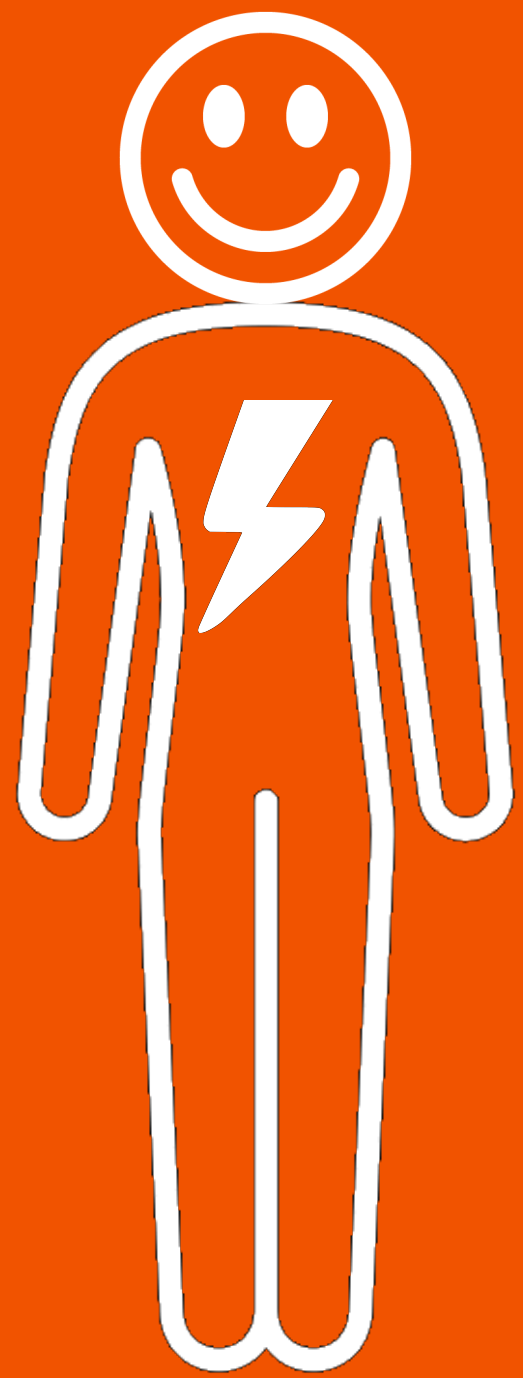
SNELLE ENERGIE
4 KCAL PER GRAM

VETTEN

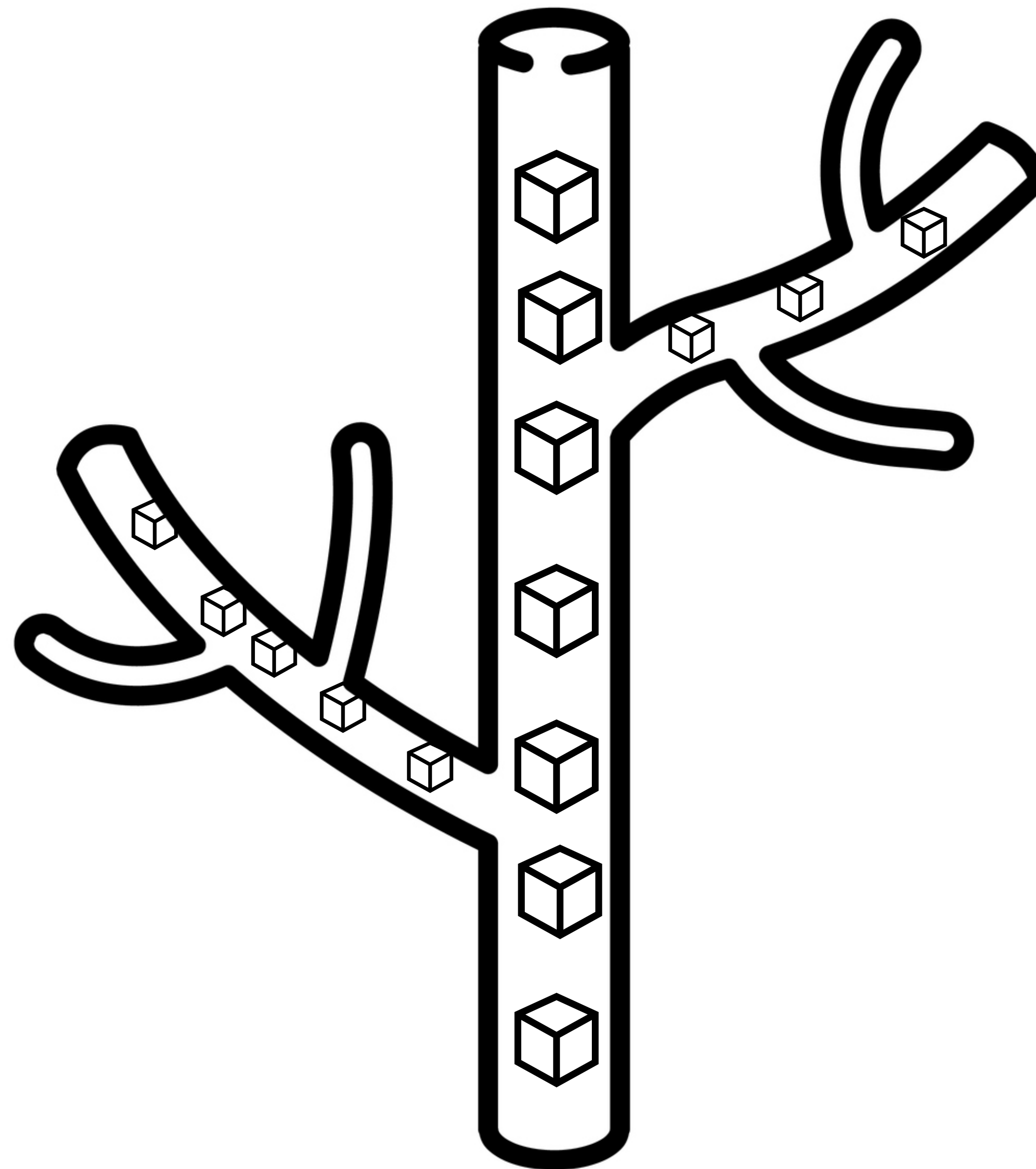
DUURZAME ENERGIE +
BOUWSTENEN
9 KCAL PER GRAM



KOOLHYDRATEN/ SUIKER



SUIKERS
VOOR
ENERGIE



Source: <https://sugarscience.ucsf.edu/sugar-metabolism.html#.ZDRCDi1m-YU>



SUIKERS
OPGESLAGEN
ALS VET *



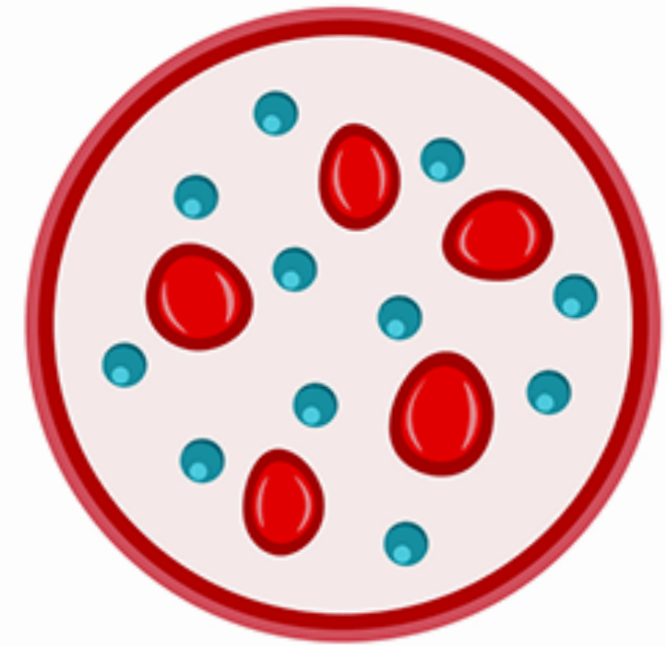
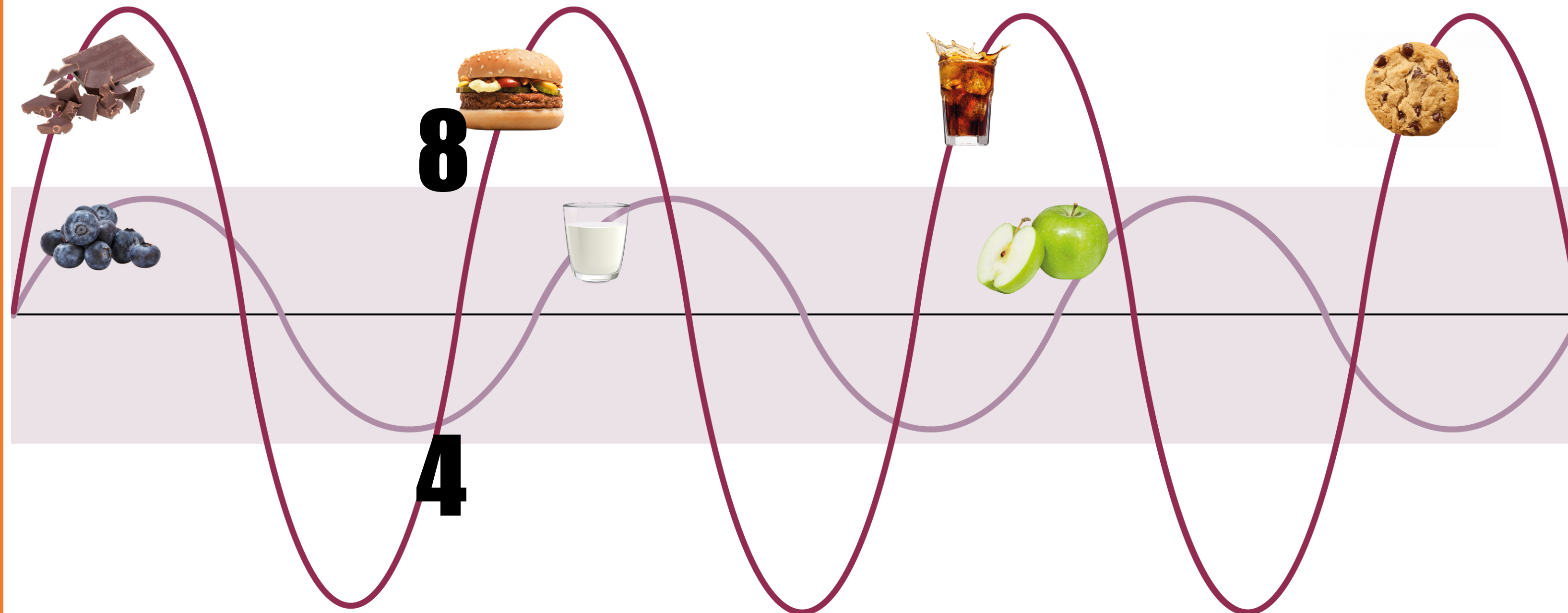
HYPER

(Hyperglycaemia)



HYPO

(Hypoglycaemia)






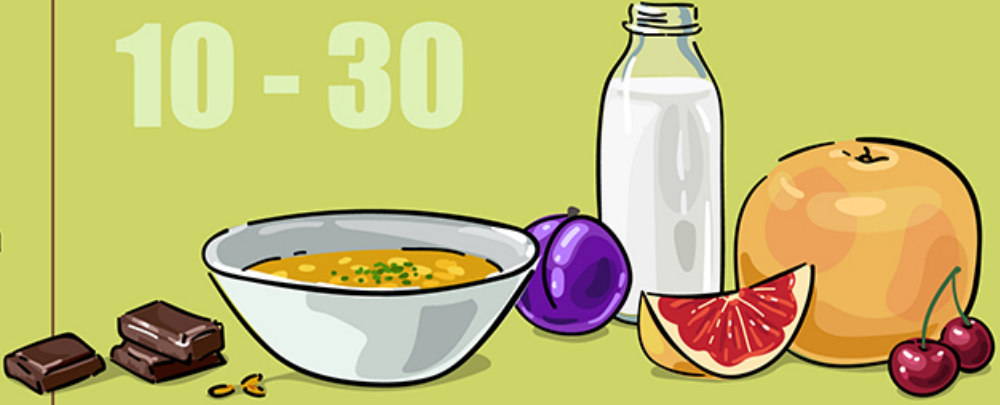
WAT STABILISEERT DE BLOEDSUIKER?



GO TO
menti.com

FILL IN THE CODE
4325 1718

Glycemic Index

<ul style="list-style-type: none">• white wheat bread, donuts, baguette, crackers, waffles• white rice, boiled potatoes and mash, french fries• watermelon• cornflakes	<p>70 - 100</p> 
<ul style="list-style-type: none">• rye & wholegrain bread• muesli, corn, couscous, brown rice, spaghetti, popcorn, yams• ice cream, sweet yogurt• banana, grapes, kiwi	<p>50 - 70</p> 
<ul style="list-style-type: none">• coarse barley bread• strawberries, apples, pears, oranges• milk & soy milk• natural yoghurt• oatmeal, beans	<p>30 - 50</p> 
<ul style="list-style-type: none">• pearled barley, lentils• greyfruit, cherry, apricot, plum• dark chocolate 70% cocoa• whole milk• cashews, walnuts	<p>10 - 30</p> 
<ul style="list-style-type: none">• hummus, chickpeas• garlic, onion, green pepper• eggplant, broccoli, cabbage, tomatoes• mushrooms• lettuce	<p>0 - 10</p> 

Glycemic Index

<ul style="list-style-type: none"> • white wheat bread, donuts, baguette, crackers, waffles • white rice, boiled potatoes and mash, french fries • watermelon • cornflakes 	<p>70 - 100</p> 
<ul style="list-style-type: none"> • rye & wholegrain bread • muesli, corn, couscous, brown rice, spaghetti, popcorn, yams • ice cream, sweet yogurt • banana, grapes, kiwi 	<p>50 - 70</p> 
<ul style="list-style-type: none"> • coarse barley bread • strawberries, apples, pears, oranges • milk & soy milk • natural yoghurt • oatmeal, beans 	<p>30 - 50</p> 
<ul style="list-style-type: none"> • pearled barley, lentils • greyfruit, cherry, apricot, plum • dark chocolate 70% cocoa • whole milk • cashews, walnuts 	<p>10 - 30</p> 
<ul style="list-style-type: none"> • hummus, chickpeas • garlic, onion, green pepper • eggplant, broccoli, cabbage, tomatoes • mushrooms • lettuce 	<p>0 - 10</p> 

Jessie Inchauspé

Meer energie, minder cravings:
dit boek verandert je leven



Glucose revolutie

Krijg grip op je bloedsuikerspiegel,
verbeter je gezondheid en eet wat je wil

FONTAINE UITGEVERS

