

Contents

Dear Reader	13
How I got here	19

Part I: What is glucose?

Chapter 1: Enter the cockpit: why glucose is so important	32
Yes, this book is for you	
What this book says – and what it doesn't	
Chapter 2: Meet Jerry: how plants create glucose	38
Strong starch	
Fierce fibre	
Flirty fruit	
Chapter 3: A family affair: how glucose gets into the bloodstream	46
One parent, four siblings	
What if there were no glucose in our diet?	
Chapter 4: Seeking pleasure: why we eat more glucose than before	53
Chapter 5: Underneath our skin: discovering glucose spikes	59
Some spikes are worse than others	

Part II: Why are glucose spikes harmful?

Chapter 6: Trains, toast, and Tetris: the three things that happen in our body when we spike	68
Why the train stops: free radicals and oxidative stress	
Why you are toasting: glycation and inflammation	

Playing Tetris to survive: insulin and fat gain

Chapter 7: From head to toe: how spikes make us sick 80

Short-term effects

Long-term effects

Part III: How can I flatten my glucose curves?

Hack 1: Eat foods in the right order 102

Hack 2: Add a green starter to all your meals 117

Hack 3: Stop counting calories 131

Hack 4: Flatten your breakfast curve 145

Hack 5: Have any type of sugar you like – they're all
the same 166

Hack 6: Pick dessert over a sweet snack 178

Hack 7: Reach for vinegar before you eat 186

Hack 8: After you eat, move 199

Hack 9: If you have to snack, go savoury 208

Hack 10: Put some clothes on your carbs 214

Cheat sheets: How to be a Glucose God or Goddess
when things get hard 228

A day in the life of a Glucose God or Goddess 240

You are special 242

The end 245

Recipes 248

Acknowledgments 278

Endnotes 280

Index 310