



10 Glucose Mistakes

Hidden spikes guide



1. SMOOTHIES (EVEN “HEALTHY” ONES)

Why is it a problem:

- blended fruit = faster absorption
- fiber structure destroyed
- often too much fruit = too much sugar
- usually add honey or other sweetener

Typical glucose rise: +40–80 mg/dL

Better option:

- smoothie with **protein + greens + almond milk**
- eat whole fruit + nuts
- consider as a desert (eat after meal not on the empty stomach)

2. NATURAL FRUIT JUICES

Why is it a problem:

- liquid sugar
- no fiber
- 1 glass contains 3-5 whole fruits - far more than you would ever eat at once
- spikes similar to soda

Typical rise: +50–100 mg/dL

Better option:

- water
- water + lemon
- whole fruit

3. INSTANT OATMEAL PACKETS

Why is it a problem:

- high GI
- added sugars *(too much)
- hunger 1–2 hours later

Typical rise: +30–80 mg/dL

Better option:

- whole oats + chia + nuts
- add protein (egg or yogurt)

4. GRANOLA & CEREAL (EVEN “ORGANIC”)

Why is it a problem:

- honey, syrups, dried fruit
- fast absorption
- “healthy” branding hides sugar load

Typical rise: +40–90 mg/dL

Better option:

- Greek yogurt + nuts
- eggs + vegetables

5. OAT MILK

Why is it a problem:

- oats are carbs
- contains maltose (very high GI)
- often sweetened
- spikes more than cow’s milk

Typical rise: +20–50 mg/dL

Better option:

- almond milk (unsweetened)
- coconut milk (unsweetened)

6. PROTEIN BARS & “HEALTHY SNACKS”

Why is it a problem:

- dates, rice syrup, honey
- disguised sugar
- dessert-level spikes

Typical rise: +30–70 mg/dL

Better option:

- nuts
- cheese + apple
- Greek yogurt

7. EATING FRUIT ALONE (OR ON THE EMPTY STOMACH)

Why is it a problem:

- fast absorption
- especially grapes, mango, banana
- spike → crash → cravings

Typical rise: +20–50 mg/dL

Better option:

- fruit **after meals**
- fruit + nuts

8. EATING SWEETS ON AN EMPTY STOMACH

Why is it a problem:

- instant spike
- big crash
- cravings all day

Typical rise: +40–100 mg/dL

Better option:

- sweets **after meals only**
- pair with protein or fat

9. “HEALTHY” BOWLS WITH TOO MANY CARBS

Examples:

- poke bowls
- quinoa bowls
- buddha bowls

Why is it a problem:

- too much rice + fruit + sauces
- hidden sugars
- looks healthy, acts like dessert

Typical rise: +40–90 mg/dL

Better option:

- protein + veggies + slow carbs
- sauces: olive oil, lemon, yogurt, tahini

10. SUSHI (THE SURPRISING GLUCOSE BOMB)

Why is it a problem:

- white rice + sugar in rice vinegar
- low protein
- lots of rice, little fish
- glucose effect similar to cookies

Typical rise: +50–120 mg/dL

Better option:

- sashimi
- sushi bowls with **brown rice**
- more fish, less rice