

Food & Energy Levels

Body & health

Why energy dips after some meals, and what changes it.

What happens after a large, fast-digesting carbohydrate meal.

1

Rapid absorption

Refined carbohydrate raises blood glucose quickly.

2

Large insulin response

Insulin moves glucose into cells.

3

The overshoot

Glucose can fall below the starting point, bringing tiredness and hunger.

4

Flatten it

Add protein, fat and fibre to the same meal to slow absorption.

PRACTICAL CHANGES

Eat the vegetables and protein before the carbohydrate

Choose wholegrain over refined

Walk for ten minutes afterwards

General guidance. Persistent post-meal fatigue is worth discussing with a clinician rather than self-managing.