

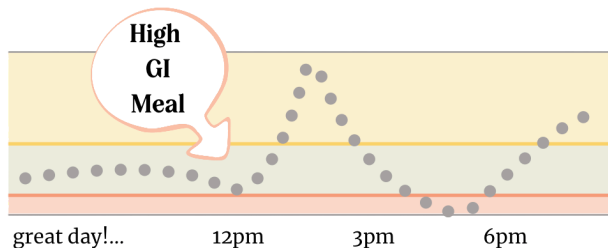
The background is a warm yellow gradient. A large white semi-circle is centered on the page. To the left of the semi-circle, there is a stylized sunburst with several yellow rays. Above and below the semi-circle, there are dotted teal lines that curve across the top and bottom of the page.

# **Explore Post-Meal Blood Sugar Storms**

# Exploring Post-Meal Storms

*Which patterns do YOU experience after meals?*

## The Tornado



### Common Causes:

- High glycemic index &/or high carb foods
- Delayed or omitted mealtime insulin dose

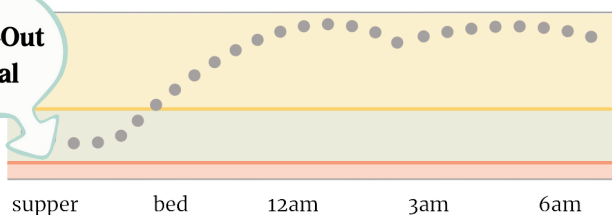
### What You May Experience:

- Rapid glucose rise & post-meal spike
- Possible low glucose at the tail of insulin action time, or due to added correction

## The Tsunami



Take-Out Meal



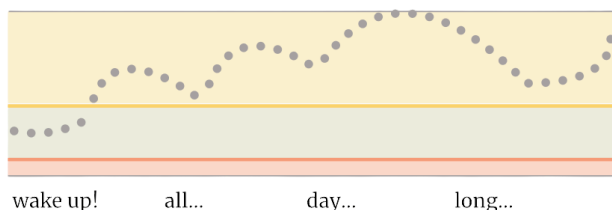
### Common Causes:

- High fat &/or high protein foods & meals
  - e.g. take-out & restaurant meals (Pizza!!)

### What You May Experience:

- Delayed, persistent high glucose levels
- Insulin resistance
- May result in low glucose soon after eating before carbs are absorbed

## The Blizzard



### Common Causes:

- “Carb stacking” throughout the day
- Imbalanced basal & bolus insulin
- Limited physical activity

### What You May Experience:

- Persistent high blood sugars throughout the day, even before meals

**Take charge and keep the JOY in eating with T1D.**

Join the series: “Calming the Post-Meal Storm” at [typeonejourneys.ca](http://typeonejourneys.ca)