



CARB TOLERANCE

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What is carb tolerance? Carb tolerance is your personal range where the body secretes insulin to keep your blood sugar in normal ranges. It's when you don't lose or gain any more weight and varies from person to person. It is dependent on many factors including fitness level, age, current health status, hormones and more.

The best test to measure this is a fasting glucose and insulin test done at a lab.

Method #1 Do at home testing is using a glucose meter.

1. Test your blood sugar first thing in the morning after fasting for at least 12 hours, for 3 consecutive mornings. Drink a little bit of water just after rising, but don't eat anything or exercise before the test. This is your fasting blood sugar level.
2. Test your blood sugar again just before lunch.
3. Eat your typical lunch or dinner. Do not eat anything for the next three hours. Test your blood sugar **one hour** after lunch or dinner.
4. Test your blood sugar **two hours** after lunch or dinner.
5. Test your blood sugar **three hours** after lunch or dinner.
6. Repeat steps 2-5, on the following day if you easily flow back to baseline but this time add 10 grams of carbs to your meal and re-test, to see how easily you get back to baseline.

Healthy targets for blood sugar according to the scientific literature are as follows:

- *Fasting blood glucose (mg/dL)* <86
- *OGGT / post-meal (mg/dL after 1 hour)* <140
- *OGGT / post-meal (mg/dL after 2 hours)* <120
- *OGGT / post-meal (mg/dL after 3 hours)* Back to baseline

Method #2 Use your ketone meter and test to see if you are back in ketosis

Method #3 Listen to your body

1. Pick one starchy food or fruit and eat it with your meal. Start with ½ cup, 5-6 bites or 10 more carbs.
2. Note how you feel right after you eat up to 2 hours.
3. If you get sleepy, crave sugar, additional starches, crave a stimulant like coffee IMMEDIATELY after the meal cut back on the carbs by 1-2 bites or 50% and see how you feel

4. If you get symptoms (cravings, irritable, increase hunger, headaches) 1-2 HOURS AFTER the meal, add more protein but don't adjust carbs, you will find your carb tolerance by feeling as you would any traditional keto meal

The higher the carb tolerance the lower the metabolic resistance and your body is efficient at losing weight. The best time to add carbs is preferably the last meal of the day.