

## The Order of Eating: A Simple Hack to Crush Sugar Spikes

### Summary

We usually focus on *what* we eat, but *how* we eat matters just as much. "Food sequencing"—eating your vegetables first, then protein/fats, and carbs last—can dramatically reduce blood sugar spikes. By creating a "fiber firewall" in your stomach, you slow down the absorption of glucose, leading to better energy and fewer cravings.

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Imagine you are eating a meal with chicken, broccoli, and rice. Does it matter which one you put in your mouth first?

According to the science of **food sequencing**, the answer is a massive "Yes."

### The "Fiber Firewall"

When you eat carbohydrates (like rice or pasta) on an empty stomach, they digest rapidly, shooting glucose straight into your bloodstream. This causes a blood sugar spike, followed by an insulin surge and an energy crash.

However, if you eat the **vegetables (fiber)** first:

1. **The Mesh:** The fiber coats your intestine and creates a mesh-like barrier.
2. **The Slow Down:** When you eat the carbs afterwards, they get trapped in that mesh and absorb much slower.

### The Winning Order

To hack your hormones without changing your diet, try to follow this sequence when possible:

1. **First:** Vegetables/Fiber (Salad, broccoli, roasted carrots).
2. **Second:** Protein and Fats (Chicken, steak, avocado).
3. **Last:** Starches and Sugars (Rice, bread, dessert).

Studies show this simple switch can reduce the post-meal glucose spike by up to 73%. It's the easiest diet trick in the book because you don't have to cut out the foods you love; you just have to wait a few minutes to eat them.

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### Sources Cited:

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- Weill Cornell Medicine. (2017). *Food Order Impact on Blood Sugar*.
- Nutrients. (2020). *The effect of food order on postprandial glucose*.