

Want to Dive Deeper?

Suggested Resources:

Attia, Peter, M.D., & Johnson, Rick, M.D. (Hosts). (Nov 22, 2021). *Metabolic Effects of Fructose* [Audio podcast]. The Peter Attia Drive.

Blood sugar and exercise. Blood Sugar and Exercise | ADA. (n.d.).

<https://www.diabetes.org/healthy-living/fitness/getting-started-safely/blood-glucose-and-exercise>

Centers for Disease Control and Prevention. *Get active!* Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/managing/active.html>

Metabolical, The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine. Robert H. Lustig, MD, MSL

Podcasts by Presenters:

Grunden, Meredith, PA-C, & Tersavich, Chelsea, PA-C. (Jul 24, 2021).

VFCC Nutrition Series: Preventing Diabetes & Pre/Post Op

Nutrition: <https://militaryfamilymuseum.podbean.com/e/vfcc-nutrition-series-preventing-diabetes-prepost-op-nutrition/>

Park, Nguyen, PA-C, DFAAPA. (Jun 13, 2021). *VFCC Nutrition Series: Nutrition & Healthy Aging with Nguyen*

Park: <https://militaryfamilymuseum.podbean.com/e/v%e2%80%a2f%e2%80%a2c%e2%80%a2c-nutrition-healthy-aging-with-nugyen-park/>