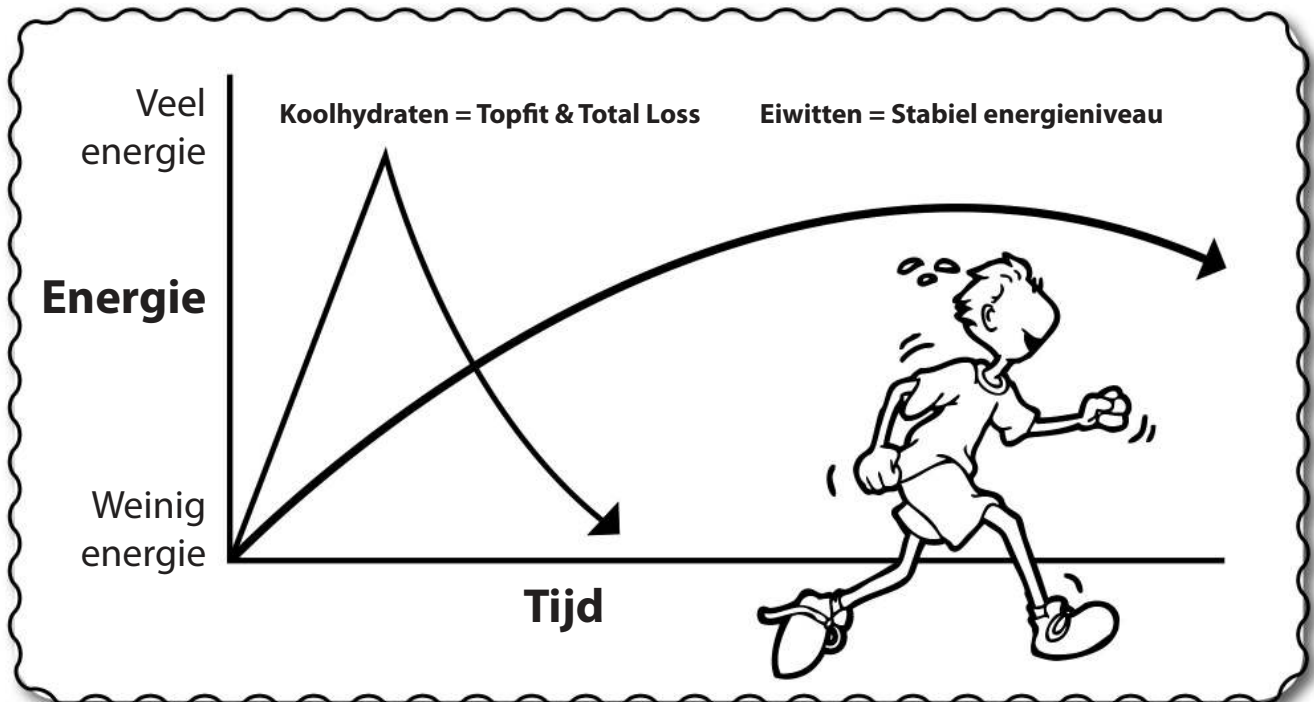


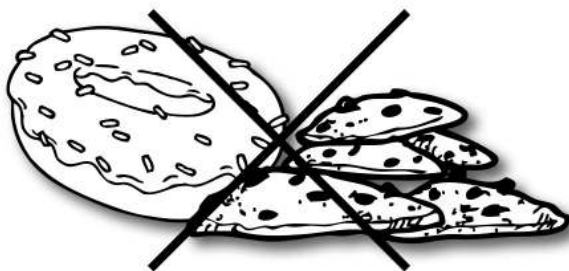
De suikerpiek/suikerdip-cyclus doorbreken

Energie die je krijgt van koolhydraten en eiwitten



Koolhydratenknallers

- ▶ Wit brood
- ▶ Donuts
- ▶ Chocoladerepen
- ▶ Koekjes
- ▶ Gebak
- ▶ Pannenkoeken



Eiwitbommen

- ▶ Eieren
- ▶ Kip
- ▶ Kwark
- ▶ Noten
- ▶ Kaas
- ▶ Ham

