

Bio

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- > Foods are broken down into sugar
 - Protein → Amino Acids for DNA strands & many functions
 - Fats → Long-term energy storage
 - Carbs (Sugars) → Short-term energy
 - Long chains of sugar molecules
- > Sugar (Glucose) main energy source for body
- > Fats turned into sugar
- > Left over sugars in blood are turned into fat

- > Sugar actually acts as a sedative
 - Drop in blood sugar = hunger
 - Thus, more active when hungry
- > Our own biology tells us to gain weight by eating more just before winter