

Re: q What foods that will not make me tired after lunch?

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Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-08/msg00678.html>

- *From:* "Laurie" <no@xxxxxxxx>
 - *Date:* Sun, 14 Aug 2005 17:28:57 -1000
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"Susan" <nevermind@xxxxxxxx> wrote in message
news:3lfp3vF12mru5U2@xxxxxxxxxxxxxxxxxxxx

>> Guess what? Glucose, a carbohydrate, is the 'fuel' for both brain
>> and muscle. Protein is NOT used for energy in the brain.
>
> Guess what? Protein is a source of glucose for the brain! 58% of it is
> converted to glucose.
Scientifically-credible citations?? All the biochem books I have read
seem to have missed this important discovery.

Laurie

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- *References:*
 - ◆ [*Re: q What foods that will not make me tired after lunch?*](#)
 ◇ *From:* Laurie
 - ◆ [*Re: q What foods that will not make me tired after lunch?*](#)
 ◇ *From:* Susan
- Prev by Date: [*Re: diet idea*](#)
- Next by Date: [*Re: Kumar's question about hunger/cravings.*](#)
- Previous by thread: [*Re: q What foods that will not make me tired after lunch?*](#)
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