

# THE SUGAR IMPACT CLOCK



**1**

**Eat a substantial breakfast within 1 hour of waking up**

**2**

**Stop eating three hours before bed  
(NO, this does not mean going to bed later!)**

**3**

**Eat every 4-6 hours, which means you will be eating  
three balanced meals a day, plus 1 snack *ONLY IF NECESSARY***