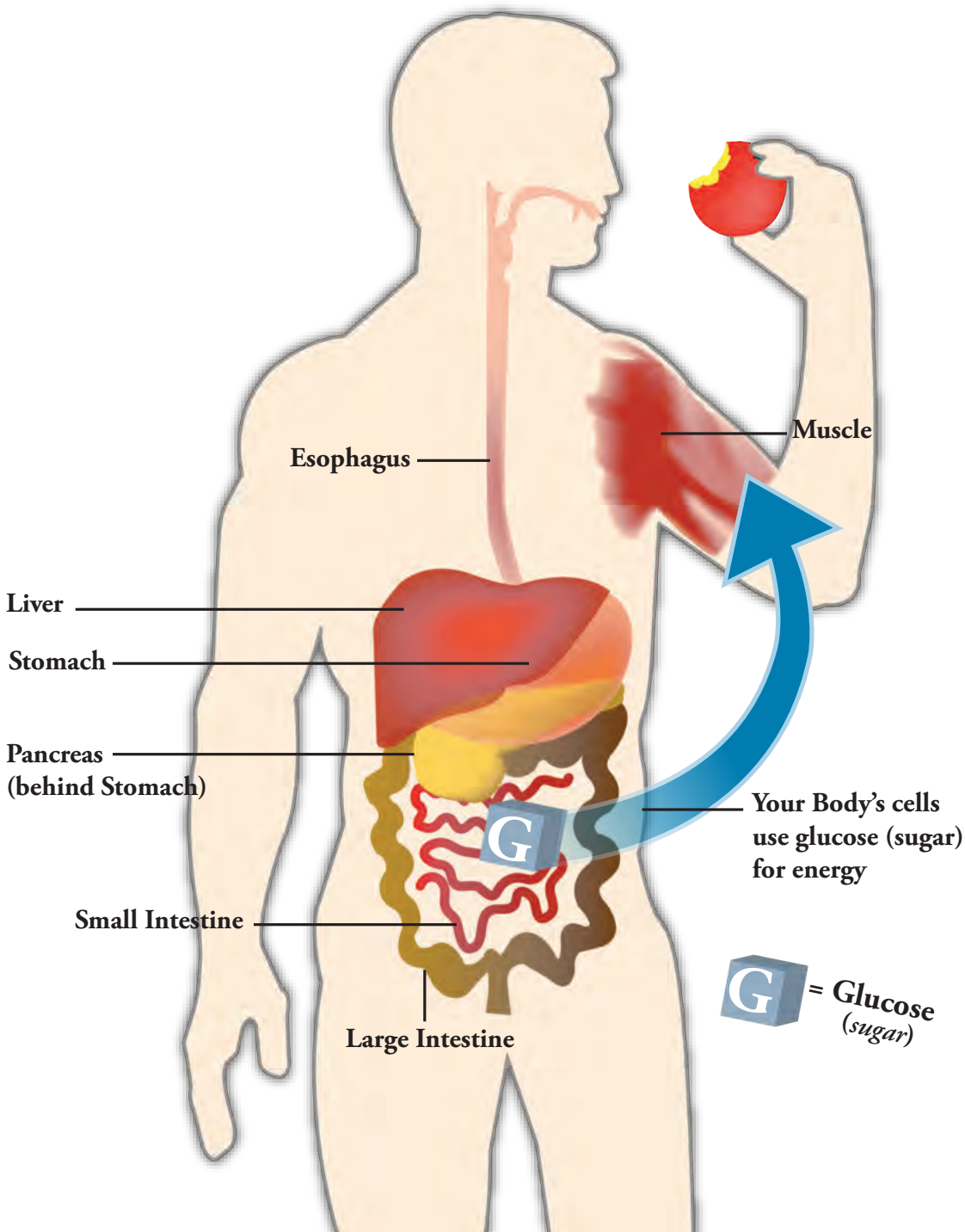
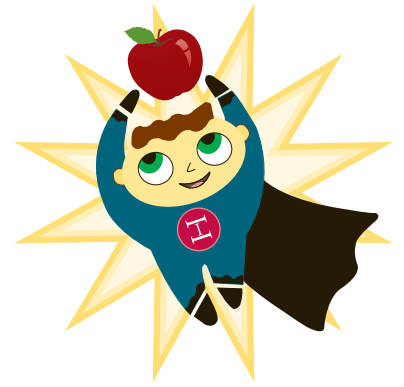


## Glucose and YOUR Body

### ▲ Digestion ▲

Your body breaks down the food you eat into a simple sugar called glucose. Glucose is your body's main source of energy.

Your liver also makes glucose. When you have not eaten, blood glucose levels begin to drop. In response, your liver releases glucose into the bloodstream.



## STUDENT SECTION

### INSULIN, OUR HERO